



# Hoisin Beef Udon Noodles

with Tenderstem® Broccoli and Carrot

Calorie Smart 20-25 Minutes • 1 of your 5 a day

25



Tenderstem® Broccoli



Carrot



Garlic Clove



British Beef Mince



Hoisin Sauce



Ketjap Manis



Udon Noodles



Unconventional Plant-Based Burgers

**Pantry Items**  
Oil, Salt, Pepper

**Make it Vegetarian**

If you chose to make this recipe veggie, then just follow the instructions on the back of this card.

Happy cooking!



## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Garlic press, frying pan, lid and bowl.

## Ingredients

| Ingredients            | 2P   | 3P   | 4P   |
|------------------------|------|------|------|
| Tenderstem® Broccoli** | 150g | 200g | 300g |
| Carrot**               | 1    | 1½   | 2    |
| Garlic Clove**         | 2    | 3    | 4    |
| British Beef Mince**   | 240g | 360g | 480g |
| Hoisin Sauce <b>11</b> | 64g  | 96g  | 128g |
| Ketjap Manis <b>11</b> | 25g  | 37g  | 50g  |
| Udon Noodles <b>13</b> | 220g | 330g | 440g |

|                                                |   |   |   |
|------------------------------------------------|---|---|---|
| Unconventional Plant-Based Burgers** <b>11</b> | 2 | 4 | 4 |
|------------------------------------------------|---|---|---|

| Pantry               | 2P   | 3P   | 4P    |
|----------------------|------|------|-------|
| Water for the Sauce* | 50ml | 75ml | 100ml |

\*Not Included \*\*Store in the Fridge

## Nutrition

| Typical Values          | Custom Recipe |          |             |          |
|-------------------------|---------------|----------|-------------|----------|
|                         | Per serving   | Per 100g | Per serving | Per 100g |
| for uncooked ingredient | 434g          | 100g     | 404g        | 100g     |
| Energy (kJ/kcal)        | 2397 /573     | 552 /132 | 2099 /502   | 520 /124 |
| Fat (g)                 | 21.7          | 5.0      | 14.8        | 3.7      |
| Sat. Fat (g)            | 8.8           | 2.0      | 5.7         | 1.4      |
| Carbohydrate (g)        | 58.2          | 13.4     | 64.5        | 16.0     |
| Sugars (g)              | 23.6          | 5.4      | 24.0        | 5.9      |
| Protein (g)             | 38.0          | 8.8      | 25.2        | 6.2      |
| Salt (g)                | 2.98          | 0.69     | 3.91        | 0.97     |

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**11** Soya **13** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.


HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

## Contact

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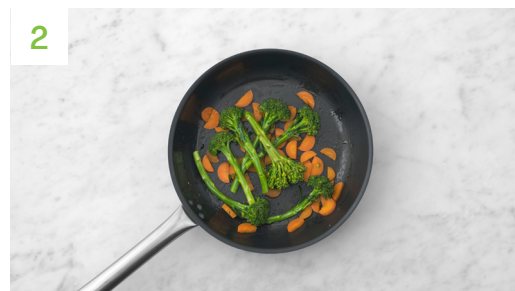
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## Get Started

- Halve any thick **broccoli stems** lengthways.
- Trim the **carrot**, then halve lengthways (no need to peel). Slice widthways into pieces about ½ cm thick.
- Peel and grate the **garlic** (or use a garlic press).



## Fry the Veg

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **Tenderstem®** and **carrot**. Stir-fry for 2-3 mins. Add a splash of **water**, then cover with a lid (or foil) and allow to cook until tender, 2-3 mins more. Season with **salt** and **pepper**.
- Remove the **veg** and place in a medium bowl. Cover to keep warm.



## Get Your Mince On

- Wipe out your frying pan, then pop back on frying pan on medium-high heat with a drizzle of **oil**.
- Once hot, add the **beef mince**. Fry until the **mince** has browned, 5-6 mins. Use a spoon to break it up as it cooks.
- When the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**.  
**IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.

## Make it Vegetarian

If you've chosen the veggie version, cook the **plant-based burgers** for the same amount of time. Use a spoon to mash the **burgers** into a mince-like texture as they cook. **IMPORTANT:** Ensure they're piping hot throughout.



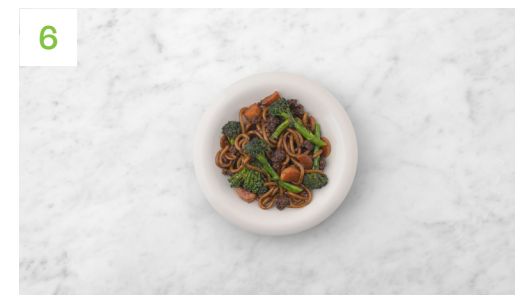
## Flavour Town

- Once the **mince** is cooked, add the **garlic** and fry for 1 min more.
- Stir in the **hoisin**, **ketjap** and **water for the sauce** (see pantry for amount).
- Simmer the **sauce** until slightly thickened, 2-3 mins.



## Udon Time

- Add the **udon noodles** to the pan along with the **broccoli** and **carrot**.
- Toss to coat in the **sauce**, using a fork to gently separate them. Simmer until piping hot, 1-2 mins.
- Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if the **sauce** is too thick.



## Finish and Serve

- Share the **noodles** between your serving bowls.

## Enjoy!