

Easy Peasy Gochujang Beef Udon

with Mushrooms and Sesame Seeds

Super Quick 15 Minutes • Mild Spice • 1 of your 5 a day



British Beef Mince



Sliced Mushrooms



Garlic Clove



Sliced Spring Greens



Gochujang Paste



Soy Sauce



Udon Noodles



Roasted White Sesame Seeds



Super speedy, this Easy Peasy Gochujang Beef Udon takes only 15 minutes to make. The popular Korean condiment gochujang contains chillies, fermented soybeans and glutinous rice which give it its savoury-sweet flavour.

Pantry Items

Oil, Salt, Pepper, Honey

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Frying pan.

Ingredients

Ingredients	2P	3P	4P
British Beef Mince**	240g	360g	480g
Sliced Mushrooms**	80g	120g	180g
Garlic Clove**	2	3	4
Sliced Spring Greens**	150g	200g	300g
Gochujang Paste 11)	50g	75g	100g
Soy Sauce 11) 13)	25ml	40ml	50ml
Udon Noodles 13)	220g	330g	440g
Roasted White Sesame Seeds 3)	5g	7g	10g
Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml
Honey*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	425g	100g
Energy (kJ/kcal)	2253 / 538	530 / 127
Fat (g)	22.7	5.3
Sat. Fat (g)	8.9	2.1
Carbohydrate (g)	46.6	11.0
Sugars (g)	14.5	3.4
Protein (g)	38.3	9.0
Salt (g)	4.66	1.10

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame **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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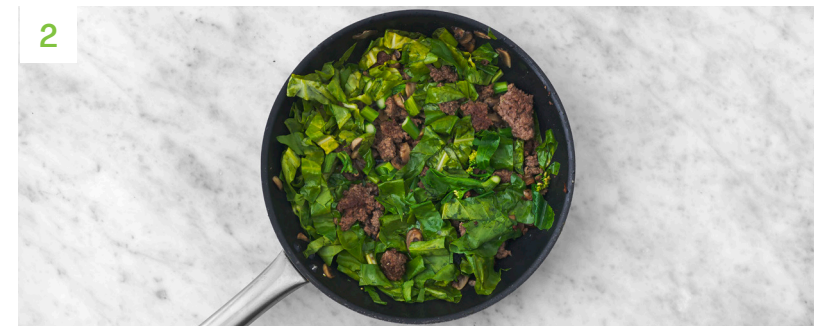
Get Started

- Heat a drizzle of **oil** in a frying pan on high heat.
- Once hot, fry the **beef mince** and **mushrooms**, 5-6 mins.
- Break up the **mince** as it cooks, then drain the fat. Season with **salt** and **pepper**.
IMPORTANT: Wash hands and utensils after handling raw mince. Cook so there's no pink in the middle.
- Meanwhile, peel and grate the **garlic** (or use a garlic press).



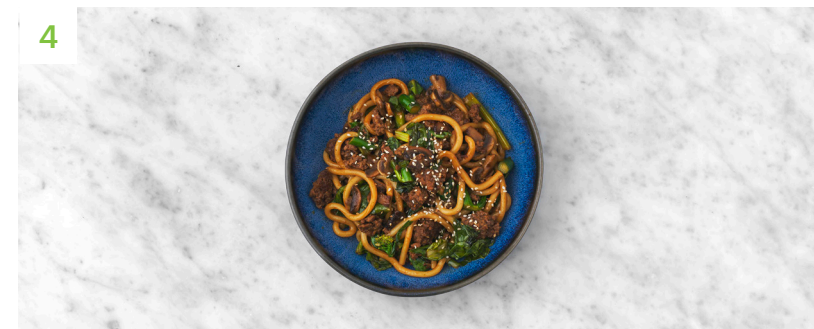
Simmer Sauce

- Next, stir in the **gochujang**, **soy**, **water** and **honey** (see pantry for both). Simmer, 2-3 mins.
- Add the **udon noodles** to the pan. Toss to coat, using a fork to gently separate them. Simmer until piping hot, 1-2 mins.
- Add a splash of **water** if the **sauce** is too thick.



Fry Veg

- Add the **spring greens** and **garlic** to the frying pan.
- Stir-fry, 1-2 mins.



Dinner's Ready!

- Share the **noodles** between your bowls.
- Sprinkle with **sesame seeds** to finish.

Enjoy!