











# Hoisin Beef Udon Stir-Fry

with Green Beans and Carrot

Calorie Smart 20-25 Minutes • 1 of your 5 a day • Under 650 Calories

26



-  Green Beans
-  Carrot
-  Garlic Clove
-  British Beef Mince
-  Hoisin Sauce
-  Ketjap Manis
-  Udon Noodles
-  Vegetable Gyoza

**Pantry Items**  
Oil, Salt, Pepper

**+ Add Vegetable Gyoza**

If you chose to add vegetable gyoza, 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      |
|---|--------|---------|---------|
| Green Beans**                                   | 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    |
| Vegetable Gyoza** <b>11</b> <b>13</b> <b>14</b> | 1 pack | 2 packs | 2 packs |
| Pantry  | 2P     | 3P      | 4P      |
| Water for the Sauce*                            | 50ml   | 75ml    | 100ml   |

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

## Nutrition

| Typical Values          | Per serving | Per 100g  | Custom Recipe |           |
|-------------------------|-------------|-----------|---------------|-----------|
|                         |             |           | Per serving   | Per 100g  |
| for uncooked ingredient | 434g        | 100g      | 534g          | 100g      |
| Energy (kJ/kcal)        | 2390 / 571  | 551 / 132 | 3122 / 746    | 585 / 140 |
| Fat (g)                 | 21.6        | 5.0       | 27.6          | 5.2       |
| Sat. Fat (g)            | 8.7         | 2.0       | 9.3           | 1.7       |
| Carbohydrate (g)        | 59.8        | 13.8      | 81.9          | 15.3      |
| Sugars (g)              | 24.3        | 5.6       | 27.2          | 5.1       |
| Protein (g)             | 36.3        | 8.4       | 43.0          | 8.1       |
| Salt (g)                | 2.97        | 0.68      | 3.90          | 0.73      |

Nutrition for uncooked ingredients based on 2 person recipe.

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

## Allergens

**11)** Soya **13)** Cereals containing gluten **14)** Sulphites

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

- Trim and halve the **green beans**.
- 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 **green beans** 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.

## + Add Vegetable Gyoza

If you're adding **gyozas**, heat a drizzle of **oil** in another large frying pan on medium-high heat. Once hot, fry, 2-3 mins. Remove from the heat and add **1 tbsp water** to the pan. Pop back on medium-low heat and cover. Cook, 3-4 mins. Serve on the **noodles** in the final step.



## 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 **beans** and **carrot**.
- Toss to coat in the **sauce**, using a fork to gently separate the **noodles**. 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!