



Hoisin Beef Udon Stir-Fry with Tenderstem® Broccoli and Carrot

Family 20-25 Minutes • 1 of your 5 a day

11



Tenderstem® Broccoli



Carrot



Garlic Clove



British Beef Mince



Hoisin Sauce



Ketjap Manis



Udon Noodles

Pantry Items
Oil, Salt, Pepper

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 11)	64g	96g	128g
Ketjap Manis 11)	25g	37g	50g
Udon Noodles 13)	220g	330g	440g

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

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	434g	100g
Energy (kJ/kcal)	2419 /578	557 /133
Fat (g)	21.7	5.0
Sat. Fat (g)	8.7	2.0
Carbohydrate (g)	59.2	13.6
Sugars (g)	23.6	5.4
Protein (g)	38.0	8.8
Salt (g)	2.98	0.69

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

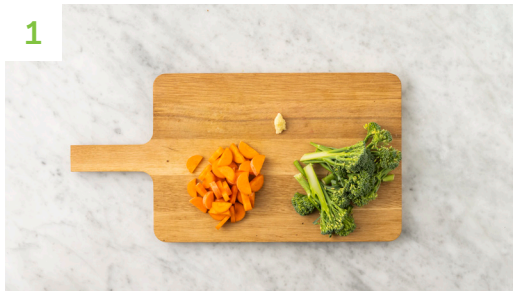
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Get Started

- 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).



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.



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.



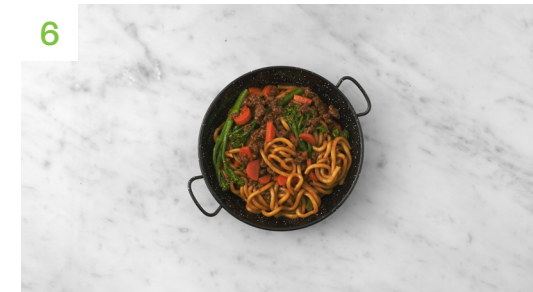
Udon Time

- 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 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.



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.



Finish and Serve

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

Enjoy!