



# Easy Char Siu Beef Noodles

with Veggies & Crushed Peanuts

Grab your Meal Kit with this symbol



Green Beans



Carrot



Zucchini



Garlic



Char Siu Paste



Oyster Sauce



Sesame Oil Blend



Udon Noodles



Beef Mince



Crushed Peanuts

Hands-on: **15-25 mins**  
Ready in: **25-35 mins**

This surprisingly simple recipe is reminiscent of the classic Chinese BBQ dish. Toss thick udon noodles with juicy beef mince and a sweet and savoury char siu paste for a dish that will see you slurping up every last morsel.

### Pantry items

Olive Oil, Soy Sauce, Rice Wine Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
green beans	1 small bag	1 medium bag
carrot	1	2
zucchini	1	2
garlic	2 cloves	4 cloves
char siu paste	1 medium packet	1 large packet
oyster sauce	1 packet (50g)	1 packet (100g)
soy sauce*	1 tbs	2 tbs
rice wine vinegar*	½ tbs	1 tbs
sesame oil blend	1 packet	2 packets
udon noodles	1 packet	2 packets
beef mince	1 small packet	1 medium packet
crushed peanuts	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3033kJ (724Cal)	526kJ (125Cal)
Protein (g)	44.1g	7.6g
Fat, total (g)	27g	4.7g
- saturated (g)	7.3g	1.3g
Carbohydrate (g)	68.2g	11.8g
- sugars (g)	29.8g	5.2g
Sodium (mg)	2217mg	384mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

- Bring a medium saucepan of water to the boil.
- Trim **green beans**, then slice in half. Thinly slice **carrot** and **zucchini** into half-moons. Finely chop **garlic**.
- In a small bowl, combine **char siu paste**, **oyster sauce**, **soy sauce**, **rice wine vinegar**, **sesame oil blend** and a dash of **water**.



## Cook the beef

- Return frying pan to a high heat with a drizzle of **olive oil**. Once hot, cook **beef mince**, breaking up with a spoon, until just browned, **2-3 minutes**.
- Add **garlic** and cook until fragrant, **1-2 minutes**.
- Return **veggies** to pan, then stir in **cooked noodles** and **char siu sauce mixture**. Simmer until heated through, **1-2 minutes**. Remove from heat. Add **salt** and **pepper** to taste.



## Cook the veggies & noodles

- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Stir-fry the **green beans**, **carrot** and **zucchini** until softened, **5-6 minutes**. Transfer to a plate and cover to keep warm.
- Cook **udon noodles** in the saucepan of boiling water, stirring occasionally with a fork to separate, until soft, **4-5 minutes**. Drain, then rinse under cold water.

**TIP:** Add a dash of water to the pan with the veggies to help speed up the cooking process!



## Serve up

- Divide char siu beef noodles with veggies between bowls.
- Sprinkle with **crushed peanuts** to serve.

## Enjoy!

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