



Thai Spiced Turkey Mince Udon

with scallion and bell peppers

Family Quick Cook 20-25 mins

19



Turkey Mince



Lime



Ketjap Manis



Honey



Thai Style Spice Mix



Bell Pepper



Scallion



Soy Sauce



Udon Noodles

Pantry Items: Water, Salt, Pepper, Oil



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Colander

Ingredients

| | 2P | 4P |
|----------------------|-----------|-----------|
| Turkey Mince | 250 g | 500 g |
| Lime | ½ unit | 1 unit |
| Ketjap Manis | 2 sachets | 4 sachets |
| Honey | 1 sachet | 2 sachets |
| Thai Style Spice Mix | 1 sachet | 2 sachets |
| Bell Pepper | 2 units | 4 units |
| Scallion | 2 units | 4 units |
| Soy Sauce | 1 sachet | 2 sachets |
| Udon Noodles | 300 g | 600 g |

Nutrition

| | Per serving | Per 100g |
|---------------------------------|------------------------|-------------------------|
| for uncooked ingredients | 522.5 g | 100 g |
| Energy (kJ/kcal) | 3748.9 kJ/ 896 kcal | 717.5 kJ/ 171.5 kcal |
| Fat (g) | 2.8 g | 0.5 g |
| Sat. Fat (g) | 0.7 g | 0.1 g |
| Carbohydrate (g) | 72.1 g | 13.8 g |
| Sugars (g) | 22.7 g | 4.3 g |
| Protein (g) | 41.6 g | 8 g |
| Salt (g) | 3.5 g | 0.7 g |

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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Cook the Noodles

- Boil a large pot of **water** for the **udon noodles**.
- Once the **water** is boiling, add the **noodles** and cook until warmed through, 1-2 mins.
- Once cooked, drain in a colander and pop back in the pot, off the heat.
- Drizzle with **oil** and stir through to prevent sticking.

TIP: If you're in a hurry you can boil the water in your kettle.



Make the Sauce

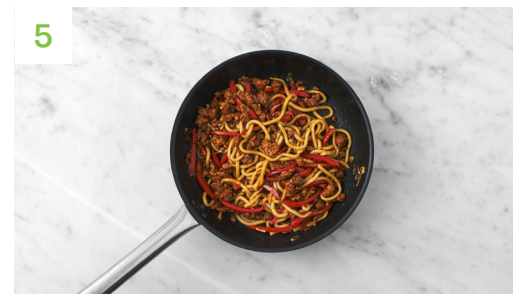
- Squeeze in the juice of two **lime** wedges (double for 4p).
- Add **half** the **scallion** to the pan along with the **ketjap manis** and **soy sauce**.
- Simmer until thickened slightly, 2 mins.

TIP: Add a splash of water if you feel the sauce is too thick.



Fry the Mince

- Meanwhile, place a large pan over high heat with a drizzle of **oil**.
- Add the **turkey** and sprinkle on the **Thai style spice mix**.
- Fry until cooked through, breaking it up with a spoon, 6-8 mins. **IMPORTANT:** Wash hands and equipment after handling raw mince.



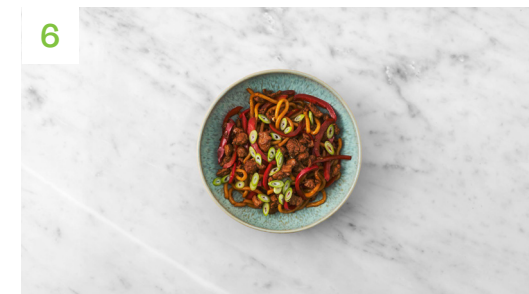
Coat the Noodles

- Add the cooked **noodles** and **honey** to the pan with the **mince**.
- Stir to coat the **noodles** and cook until everything is piping hot.
- Season to taste with **salt** and **pepper**.



Prep the Veg

- Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Trim and thinly slice the **scallion**.
- Quarter the **lime**.
- Add the **pepper** to the pan and cook until softened, 3-4 mins. **IMPORTANT:** Mince is cooked when no longer pink in the middle.



Garnish and Serve

- Share the **noodles** between bowls.
- Finish with a sprinkle of the remaining **scallion**.

Enjoy!