



Super Speedy Turkey Udon

with teriyaki sauce and sugar snaps

Family Quick Cook 20 – 25 mins

25



Turkey Mince



Teriyaki Sauce



Hoisin Sauce



Udon Noodles



Sugar Snap Peas



Bell Pepper



Garlic

Pantry Items: Oil, Salt, Pepper, Water



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

Grater

Ingredients

	2P	4P
Turkey Mince	250 g	500 g
Teriyaki Sauce	2 sachets	4 sachets
Hoisin Sauce	1 sachet	2 sachets
Udon Noodles	300 g	600 g
Sugar Snap Peas	150 g	300 g
Bell Pepper	1 unit	2 units
Garlic	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	527.5 g	100 g
Energy (kJ/kcal)	2351.4 kJ/ 562 kcal	445.8 kJ/ 106.5 kcal
Fat (g)	6.2 g	1.2 g
Sat. Fat (g)	0.7 g	0.1 g
Carbohydrate (g)	83 g	15.7 g
Sugars (g)	31.4 g	6 g
Protein (g)	43.2 g	8.2 g
Salt (g)	5.9 g	1.1 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.

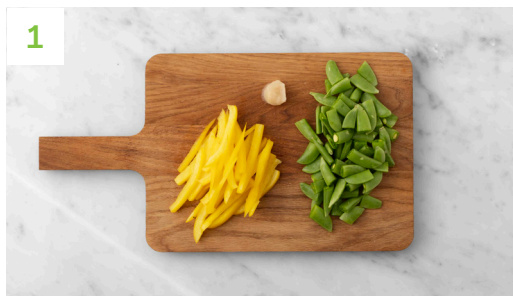
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1 Prep the Veg

- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Peel and grate the **garlic** (or use a garlic press).
- Halve the **sugar snap peas**.



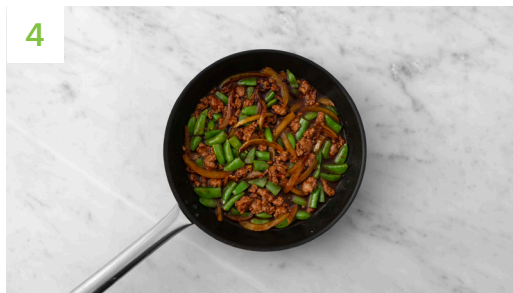
2 Pan-fry the Pepper

- Place a pan over high heat with a drizzle of **oil**.
- Once hot, stir-fry the **pepper** until just soft, 3-4 mins.



3 Cook the Mince

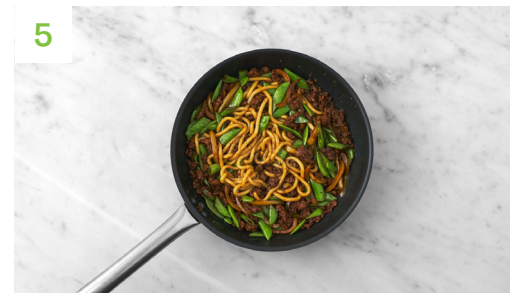
- Reduce the heat of the pan to medium-high.
- Add the **turkey mince** and cook until browned, 5-6 mins.
- Use a spoon to break it up as it cooks.
IMPORTANT: Wash hands and equipment after handling raw mince. Turkey is cooked when no longer pink in the middle.



4 Stir in the Sauce

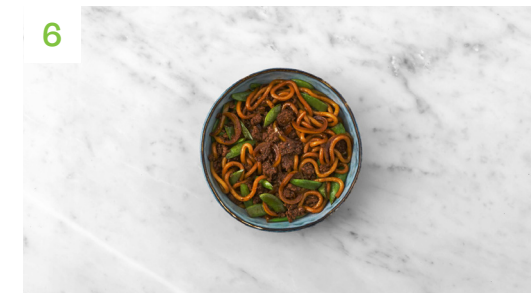
- Once the **turkey** is browned, add the **sugar snaps** and **garlic** to the pan and cook until fragrant, 1 min.
- Stir in the **teriyaki sauce**, **hoisin sauce** and 50ml **water** (double for 4p). Cook for 1 min more.
- Taste and season with **salt** and **pepper** if needed.

TIP: Add a splash of water if the sauce is a little dry.



5 Coat the Noodles

- Carefully separate the **noodles** with your hands.
- Gently toss them through the sauce.
- Cook until warmed through, 2-3 mins.



6 Finish and Serve

- Share the **teriyaki turkey noodles** between bowls.

Enjoy!