



Hoisin Beef Udon with stir-fried broccolini

Calorie Smart 20 – 25 mins

20



Beef Mince



Hoisin Sauce



Udon Noodles



Broccolini



Lime



Soy Sauce



Garlic, Ginger
& Lemongrass Paste



Onion

Pantry Items: Salt, Pepper, Oil, Water



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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

Pan with lid

Ingredients

	2P	4P
Hoisin Sauce	2 sachets	4 sachets
Beef Mince	240 g	480 g
Udon Noodles	300 g	600 g
Broccolini	150 g	300 g
Lime	1 unit	2 units
Soy Sauce	1 sachet	2 sachets
Garlic, Ginger & Lemongrass Paste	1 sachet	2 sachets
Onion	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	470.5 g	100 g
Energy (kJ/kcal)	2460.2 kJ/ 588 kcal	522.9 kJ/ 125 kcal
Fat (g)	19.6 g	4.2 g
Sat. Fat (g)	8.3 g	1.8 g
Carbohydrate (g)	65.5 g	13.9 g
Sugars (g)	11.4 g	2.4 g
Protein (g)	36.1 g	7.7 g
Salt (g)	3.4 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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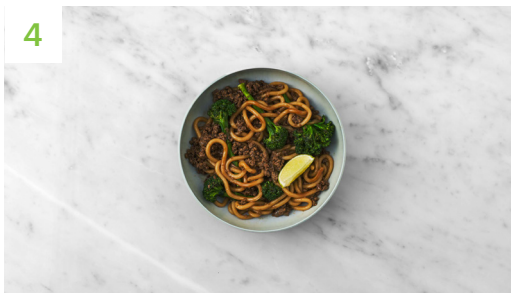


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Cook the Mince

- Halve, peel and thinly slice the **onion**.
- Quarter the **lime**.
- Place a pan over medium-high heat with a drizzle of **oil**.
- Once the pan is hot, fry the **onion** and **beef mince** until browned, 5-6 mins. **IMPORTANT:** Wash hands and equipment after handling raw mince. Mince is cooked when no longer pink in the middle.
- Use a spoon to break the **mince** up as it cooks. Season with **salt** and **pepper**.



Finish and Serve

- Season to taste with **salt**, **pepper** and a squeeze of **lime** juice.
- Divide the **hoisin beef noodles** between bowls.
- Serve with the remaining **lime** wedges alongside for squeezing over.

Enjoy!



Add the Broccolini

- Add the **broccolini** and **lemongrass paste** and fry for 2-3 mins.
- Add a splash of **water**, cover and cook for another 4-5 mins.



Coat the Noodles

- Stir through the **soy sauce** and **hoisin sauce** and allow to warm through, 1-2 mins.
- Carefully separate the **noodles** by hand and add to the sauce.
- Mix well to coat and add a splash of **water**.
- Cover and simmer until softened, 1-2 mins. Loosen the sauce with a splash more **water** if required.

Little Chef's TIP: Kids can help to separate the noodles.