



Gochujang Turkey Mince Udon

with baby corn and coriander

Calorie Smart 20 – 25 mins • Extra spicy

20



Turkey Mince



Udon Noodles



Lime



Coriander



Baby Corn



Gochujang Paste



Garlic, Ginger & Lemongrass Paste



Shallot



Honey



Ketjap Manis



Thai Style Spice Mix

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

Sieve, zester

Ingredients

	2P	4P
Turkey Mince	250 g	500 g
Udon Noodles	300 g	600 g
Lime	1 unit	2 units
Coriander	5 g	10 g
Baby Corn	150 g	300 g
Gochujang Paste	1 sachet	2 sachets
Garlic, Ginger & Lemongrass Paste	1 sachet	2 sachets
Shallot	1 unit	2 units
Honey	1 sachet	2 sachets
Ketjap Manis	1 sachet	2 sachets
Thai Style Spice Mix	2 sachets	4 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	451 g	100 g
Energy (kJ/kcal)	1966.5 kJ/ 470 kcal	436 kJ/ 104.2 kcal
Fat (g)	3.8 g	0.8 g
Sat. Fat (g)	0.9 g	0.2 g
Carbohydrate (g)	67.3 g	14.9 g
Sugars (g)	17.3 g	3.8 g
Protein (g)	41.5 g	9.2 g
Salt (g)	2.9 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe.

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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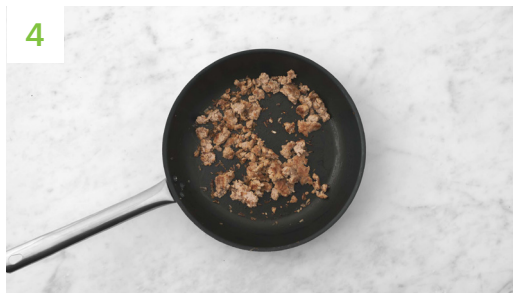
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Make the Noodles

- Boil a large pot of **water** for the **noodles**.
- Add the **noodles** then lower heat to medium-high and cook until warmed through, 1-2 mins.
- Once cooked, drain in a sieve 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.



Fry the Turkey

- Return the pan to medium-high heat with a drizzle of **oil** if necessary.
- Add the **shallot** and **lemongrass paste**.
- Cook, stirring, until fragrant, 1-2 mins.
- Add the **Thai spice** and **turkey mince**. **IMPORTANT:** Wash hands and equipment after handling raw mince.
- Fry the **mince**, breaking it up into smaller pieces, until cooked through, 5-6 mins. **IMPORTANT:** Turkey is cooked when no longer pink in the middle.



Get Prepped

- Halve, peel and chop the **shallot** into small pieces.
- Roughly chop the **coriander**.
- Zest, then quarter the **lime**.
- Halve the **baby corn** lengthways.



Finishing Touches

- Add the **gochujang** (use less if you don't like spice), **lime** zest, **ketjap manis**, **corn** and 100ml **water** (double for 4p) to the pan.
- Cook, stirring, until everything is warmed through, 1 min.
- Remove from the heat and stir through the **honey**.
- Add a splash of **water** if required. Season to taste with **salt** and **pepper**.
- Add the drained **noodles** to the sauce and toss to coat.



Cook the Corn

- Place a large pan over medium-high heat with a drizzle of **oil**.
- When hot, add the **baby corn**.
- Season with **salt** and **pepper**.
- Cook, stirring occasionally, until softened, 4-5 mins.
- Remove from the pan and set aside.



Garnish and Serve

- Divide your fragrant **turkey noodles** between plates.
- Squeeze over some **lime** juice to taste. Serve remaining **lime** wedges on the side.
- Finish with a sprinkling of **coriander**.

Enjoy!