



# Soy and Scallion Beef Noodles

with pak choi and coriander

20 – 25 mins • **Optional spice**

12



Irish Beef Mince



Udon Noodles



Garlic



Scallion



Soy Sauce



Onion



Chilli



Pak Choi



Ketjap Manis



Coriander

Pantry Items: Water, Salt, Oil, Pepper



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2025-W01

## 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.

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

## Cooking tools you will need

Grater

## Ingredients

	2P	4P
Irish Beef Mince	240 g	480 g
Udon Noodles	300 g	600 g
Garlic	2 units	4 units
Scallion	2 units	4 units
Soy Sauce	1 sachet	2 sachets
Onion	1 unit	2 units
Chilli	1 unit	2 units
Pak Choi	1 unit	2 units
Ketjap Manis	2 sachets	4 sachets
Coriander	5 g	10 g

## Nutrition

for uncooked ingredient	Per 100g
Energy (kJ/kcal)	540.1 kJ/ 129.1 kcal
Fat (g)	4.4 g
Sat. Fat (g)	1.9 g
Carbohydrate (g)	14.2 g
Sugars (g)	3.2 g
Protein (g)	7.8 g
Salt (g)	0.8 g

See site or app for detailed nutritional info.

## Allergens

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

## Contact

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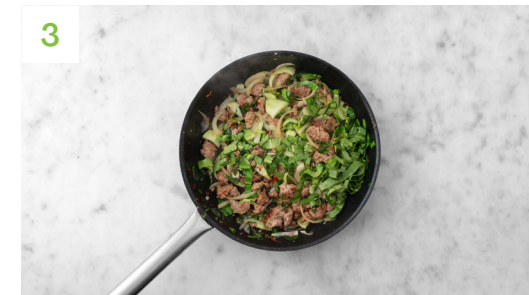
### Prep the Veg

- Halve, peel and thinly slice the **onion**.
- Peel and grate the **garlic** (or use a garlic press).
- Halve the **chilli** lengthways, deseed and finely chop.
- Trim and thinly slice the **scallion**.
- Trim the **pak choy** then chop widthways into small pieces.



### Cook the Mince

- Place a large pan over high heat with a drizzle of **oil**.
- Once hot, fry the **mince** until browned, 5-6 mins. Break it up with a spoon as it cooks. **IMPORTANT:** Wash hands and equipment after handling raw meat. Mince is cooked when no longer pink in the middle.
- When the **mince** is cooked, add the **onion, garlic, scallion** and **chilli** (use less if you don't like spice).
- Cook until the veg is softened, 2-3 mins.



### Soften the Pak Choi

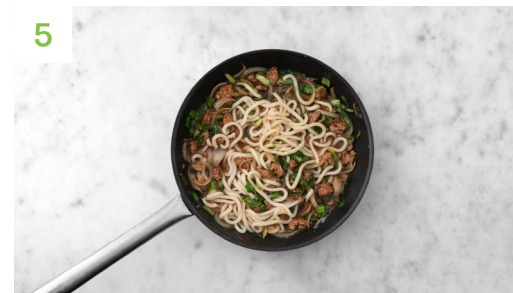
- Add the **pak choy** to the pan.
- Stir-fry until just softened, 3-4 mins.



### Make the Sauce

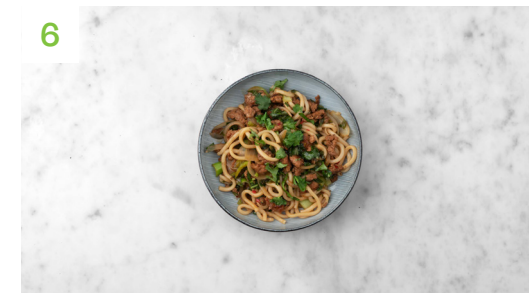
- Stir in the **ketjap manis** and **soy sauce** and allow to warm through.
- Season to taste with **salt** and **pepper**.
- Roughly chop the **coriander** (stalks and all).

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



### Coat the Noodles

- Carefully separate the **noodles** by hand and add them to the pan.
- Gently toss to coat in the sauce and warm through, 1-2 mins.



### Serve and Enjoy

- Share the **noodles** between bowls.
- Garnish with the chopped **coriander**.

**Enjoy!**