



**HELLO
FRESH**

One Pan Spiced Teriyaki Beef Udon

with Stir-Fried Veg and Peanuts

High Protein

Preparation time : 10 min.



British Beef

Mince



Sliced Carrot
and Cabbage Mix



Teriyaki Sauce



Soy Sauce



Salted Peanuts



Sliced

Mushrooms



Udon Noodles



Sambal Paste



Honey



Water for the
Sauce



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/one-pan-spiced-teriyaki-beef-udon-51>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Pan

Ingredients for 1-6 people

Ingredient	2p	3p	4p
British Beef Mince (grams)	240	360	480
Sliced Mushrooms (grams)	80	120	160
Sliced Carrot and Cabbage Mix (grams)	120	180	240
Udon Noodles (grams)	220	330	440
Teriyaki Sauce (grams)	75	100	150
Sambal Paste (grams)	15	22½	30
Soy Sauce (milliliter(s))	10	20	20
Honey (grams)	15	22½	30
Salted Peanuts (grams)	25	40	40
Water for the Sauce (milliliter(s))	75	125	150

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kj)	2346 kj
Energy (kcal)	561 kcal
Fat	22.8 g
of which saturates	7.9 g
Carbohydrate	53.2 g
of which sugars	19.8 g
Dietary Fibre	6.5 g
Protein	37.2 g
Salt	3.29 g

Allergens

Wheat, Pecan Nuts, May contain traces of allergens, Soya, Pistachio nuts, Macadamia Nuts, Hazelnuts, Brazil nuts, Cereals containing gluten, Almonds, Cashew nuts, Peanut, Walnuts, Sesame, Nuts

Always check the product labels for allergen information.



Get Started

- Heat a drizzle of **oil** in a frying pan on high heat.
- Once hot, fry the **mince** and **mushrooms**, 5-6 mins. Break up the **mince** as it cooks.
- Once cooked, drain the fat from the mince. Season with **salt** and **pepper**. **IMPORTANT:** *Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.*



Udon Time

- Next, add the **sliced carrot and cabbage mix**. Stir-fry, 1-2 mins.
- Add the **udon** to the pan. Toss to coat, using a fork to gently separate them.
- Stir-fry, 1-2 mins more.



Add Flavour

- Stir in the **teriyaki**, **sambal**, **soy sauce**, **honey** and **water** (see pantry). **TIP:** *Put hardened honey into hot water for 1 min.*
- Toss to coat everything in the **sauce**.
- Stir-fry, 1 min more.
- Taste and season with **salt** and **pepper** if needed.



Dinner's Ready!

- Share the **noodles** between your serving bowls.
- Sprinkle over the **peanuts** to finish.

Enjoy your meal!