



## Beef Yaki Udon

A satisfying stir-fry with beef mince, vibrant vegetables, and chewy udon noodles coated in a savoury sauce.



20 minutes



4 servings



Beef

## FROM YOUR BOX

UDON NOODLES	3 packets
ASIAN GREENS	1 bunch
RED CAPSICUM	1
CARROT	1
BEEF MINCE	600g

## FROM YOUR PANTRY

sesame oil, salt and pepper, soy sauce or stir-fry sauce of choice

## NOTES

You can use a pre made stir-fry sauce such as black bean, oyster sauce or hoisin sauce. To prepare an easy, balanced and delicious sauce you can combine: 2 tbsp soy sauce, 2 tbsp oyster sauce, 1 tbsp sesame oil and 1 tbsp honey or brown sugar.

**No gluten option – udon noodles are replaced with thick rice vermicelli.** Bring a saucepan of water to boil. Add noodles to boiling water and cook for 10–12 minutes or until al dente. Drain and rinse before tossing into stir-fry in step 4.

## 1. PREPARE THE NOODLES

Place **noodles** in a large bowl and cover with hot water. Soak for 2 minutes, then drain and set aside.

**TIP** *Gently loosen the noodles with tongs.*

## 2. PREPARE THE STIR-FRY

Trim and slice **Asian greens**. Slice **capsicum** and **carrot** into thin strips. Prepare **stir-fry sauce** (see notes).

**TIP** *The carrot can be julienned. Add other vegetables like mushrooms, snow peas, or bean shoots for variety.*

## 3. COOK THE STIR-FRY

Heat a wok or large pan over high heat with **sesame oil**. Add **beef mince** and cook, breaking it up with a spatula, until browned. Season with **salt and pepper**. Add sliced vegetables and cook for 3–4 minutes until just tender.

**TIP** *Add minced garlic, grated ginger, or a splash of soy sauce for extra depth of flavour.*

## 4. FINISH AND SERVE

Toss in cooked noodles and **3–4 tbsp stir-fry sauce** of choice, tossing to coat. Season well with **pepper**. Serve at the table.

**TIP** *Add some sweet chilli sauce or hot chilli oil for flavour and spice. Garnish the noodles with sesame seeds, sliced spring onions, or chives.*

**This recipe has simplified instructions to help lower your meal cost.**