



Yasai Yaki Udon

with Pickled Radish and Chestnut Mushrooms

CLASSIC 25 Minutes • 2 of your 5 a day

Nº 21



Closed Cup Mushrooms



Red Onion



Bell Pepper



Spring Onion



Radish



Ginger



Rice Vinegar



Sesame Seeds



King Prawns



Udon Noodles



Soy Sauce



Ketjap Manis



CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Basic cooking tools, you will need:

Fine Grater and Frying Pan.

Ingredients

	2P	3P	4P
Closed Cup Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Red Onion**	1	1	2
Bell Pepper***	1	2	2
Spring Onion**	2	3	4
Radish**	1	1	2
Ginger**	1 piece	1 piece	2 pieces
Rice Vinegar	1 sachet	2 sachets	2 sachets
Sugar*	1 tsp	2 tsp	2 tsp
Sesame Seeds 3)	1 small pot	1 large pot	2 small pots
King Prawns 5)**	150g	250g	300g
Udon Noodles 13)	2 packs	3 packs	4 packs
Soy Sauce 11) 13)	1 sachet	1 sachet	2 sachets
Ketjap Manis 11) 13)	1 sachet	2 sachets	2 sachets

*Not Included ** Store in the Fridge

***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	502g	100g
Energy (kJ/kcal)	1703 /407	339 /81
Fat (g)	5	1
Sat. Fat (g)	1	1
Carbohydrate (g)	73	15
Sugars (g)	19	4
Protein (g)	14	3
Salt (g)	1.92	0.38
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	577g	100g
Energy (kJ/kcal)	1897 /454	329 /79
Fat (g)	6	1
Sat. Fat (g)	1	1
Carbohydrate (g)	73	13
Sugars (g)	19	3
Protein (g)	25	4
Salt (g)	2.90	0.50

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 5) Crustaceans 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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1. Get Prepped

Thinly slice the **mushrooms**. Halve, peel and thinly slice the **red onion**. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Trim the **spring onions** then slice thinly. Thinly slice the **radish**. Peel and grate the **ginger**.



4. Get Cooking

Pop your frying pan back on medium high heat and add a drizzle of **oil**. Once hot, add the **red onion** and fry until softened, 3-4 mins. Add the **mushrooms** and **peppers**, season with **salt** and **pepper** and stir fry until softened too, 5-7 mins.

CUSTOM RECIPE

If you've added **prawns** to your meal, add them to the pan once the **mushrooms** and **peppers** are softened in the step above and cook until starting to go pink, 2-3 mins.



2. Pickle the Radishes

Pop the **radish** in a small bowl and add the **rice vinegar** and the **sugar** (see ingredient list for amount). Add a pinch of **salt**, mix together and set aside.



5. Finish the Noodles

Add the **udon noodles** to the pan, break them apart gently with your hands first, and stir fry, 1-2 mins. Stir in the **ginger**, **soy** and **ketjap manis** along with a splash of **water**. Stir through to combine and cook until everything is piping hot, 1-2 mins.

CUSTOM RECIPE

If you've added **prawns** to your meal, make sure they are cooked **through** and piping hot at the end of this step. **IMPORTANT: The prawns are cooked when pink on the outside and opaque in the middle.**



3. Toast!

Heat a large frying pan over medium heat (no oil!). Once hot, add the **sesame seeds** and cook, stirring regularly, until lightly toasted, 1-2 mins. **TIP: Watch them like a hawk as they can burn easily.** Remove from the pan to a bowl and set aside for later.



6. Serve Up

Divide equally into bowls and top with the **pickled radish**, **spring onion** and **toasted sesame seeds**.

Enjoy!