



Japanese-Style Udon Curry with Garlic Miso Mushrooms

Classic 30 Minutes • 2 of your 5 a day • Plant-Based

22



Onion



Aubergine



White Flat Mushroom



Green Beans



Coriander



Salted Peanuts



Garlic Clove



Miso Paste



Soy Sauce



Curry Powder



Plain Flour



Udon Noodles

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Chopping Board, Knife, Grater, Baking Tray, Frying pan, Saucepan, Bowl and Measuring Jug.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Aubergine**	1	2	2
White Flat Mushroom**	2	3	4
Green Beans**	80g	150g	150g
Coriander**	1 bunch	1 bunch	1 bunch
Salted Peanuts 1)	25g	40g	50g
Garlic Clove**	2	3	4
Miso Paste 11)	15g	22g	30g
Soy Sauce 11) 13)	1 sachet	1 sachet	2 sachets
Curry Powder 9)	1 small pot	1 large pot	1 large pot
Plain Flour 13)	8g	8g	16g
Water for the Sauce*	200ml	300ml	400ml
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Udon Noodles 13)	300g	450g	600g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	543g	100g
Energy (kJ/kcal)	1839/440	338/81
Fat (g)	8	1
Sat. Fat (g)	1	1
Carbohydrate (g)	70	13
Sugars (g)	14	3
Protein (g)	18	3
Salt (g)	2.12	0.39

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut **9)** Mustard **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.

Contact

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Get Prepped

Preheat your oven to 200°C. Halve, peel and thinly slice the **onion**. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces. Thinly slice the **mushrooms**. Trim the **green beans** and chop into thirds. Roughly chop the **coriander** (stalks and all). Roughly chop the **peanuts**. Peel and grate the **garlic** (or use a garlic press).



Cook the Veg

Heat a drizzle of **oil** in a medium saucepan on medium-high heat. When hot, add the **green beans** and season with **salt** and **pepper**. Stir-fry until charred and tender, 3-4 mins. Remove to a bowl and pop your pan back on medium-high heat, add a drizzle of **oil** if the pan is dry, then add the **onions**. Stir-fry the **onions** until soft and golden, 6-7 mins, stir in the remaining **garlic** and the **curry powder** and cook for 1 minute.



Roast the Aubergine

Pop your **aubergine** on a large baking tray in a single layer, drizzle with **oil** and season with **salt** and **pepper**. Roast on the top shelf of your oven until browned and tender, 20-25 mins.



Sauce it Up!

Add the **flour** to the **mixture** and cook, stirring for 1-2 mins, then pour in the **water** (see ingredients for amount). Bring to a boil, stirring continuously and cook until the **sauce** has thickened, 2-3 mins. Add the **green beans**, **aubergine**, **sugar** (see ingredients for amount) and remaining **soy sauce** and **miso paste**, stir everything together.



Cook the Mushrooms

Meanwhile, heat a drizzle of **oil** in a frying pan on high heat. Once hot add the **mushrooms** and stir-fry until really nicely browned, 5-7 mins. Reduce the heat to medium, then add **half** the **garlic**, **half** the **miso** and **a third** of the **soy sauce** to the pan. Continue to cook, stirring constantly until the **mushrooms** have soaked up the flavour, 1-2 mins. Once cooked, take the pan off the heat and set aside.



Finish and Serve

Add the **noodles**, toss to coat in the **sauce** and cook until piping hot, 2-3 mins. Taste and add **salt** and **pepper** if you feel it needs it. **TIP:** Add a splash of water if the sauce has reduced to much. Reheat the **mushrooms** on medium heat. Serve the **noodles** with the **mushrooms** on top and a sprinkling of **peanuts** and **coriander**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.