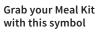


MONTHLY SPECIAL

KID FRIENDLY















Green Beans

Asian Greens



Plum Sauce

Oyster Sauce





Pork Mince

Soy Sauce Mix

Crispy Shallots



Udon Noodles





Recipe Update Unfortunately, this week's baby broccoli was in short supply, so we've replaced it with green beans. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 15-25 mins Ready in: 20-30 mins Add colourful veggies to a quick noodle stir-fry for maximum flavour. With a scattering of tasty crispy shallots and the addition of



oyster sauce to bring the meal together, this dinner is oodles of fun!

Pantry items

Olive Oil, Sesame Oil

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Medium saucepan

Ingredients

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
garlic	2 cloves	4 cloves		
carrot	1	2		
green beans	1 bag	1 bag		
Asian greens	1 bunch	2 bunches		
plum sauce	1 medium packet	2 medium packets		
oyster sauce	1 packet (45g)	1 packet (100g)		
soy sauce mix	½ medium packet	1 medium packet		
sesame oil*	½ tbs	1 tbs		
water*	1/4 cup	½ cup		
pork mince	1 packet	1 packet		
udon noodles	1 packet	2 packets		
crispy shallots	1 medium packet	1 large packet		
pork loin steaks**	1 packet	1 packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2587kJ (618Cal)	471kJ (113Cal)
Protein (g)	38.1g	6.9g
Fat, total (g)	18.4g	3.3g
- saturated (g)	7.2g	1.3g
Carbohydrate (g)	68.8g	12.5g
- sugars (g)	24.3g	4.4g
Sodium (mg)	2213mg	403mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2380kJ (569Cal)	414kJ (99Cal)
Protein (g)	49.2g	8.6g
Fat, total (g)	7.7g	1.3g
- saturated (g)	3g	0.5g
Carbohydrate (g)	68.8g	12g
- sugars (g)	24.3g	4.2g
Sodium (mg)	2214mg	385mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient. please be aware allergens may have changed.



Scan here if you have any questions or concerns





Get prepped

- Boil the kettle. Finely chop **garlic**. Thinly slice **carrot** into half-moons. Trim and cut green beans into thirds. Roughly chop Asian greens.
- In a small bowl, combine plum sauce, oyster sauce, soy sauce mix (see ingredients), the sesame oil and the water. Set aside.

Little cooks: Take the lead by combining the sauces!



Finish the noodles

- While the pork is cooking, half-fill a medium saucepan with boiling water. Cook udon noodles over medium-high heat until tender, 3-4 minutes.
- In last **minute** of cook time, gently stir **noodles** with a fork to separate. Drain, rinse and set aside.
- Reduce the frying pan heat to medium, then add **oyster sauce mixture**, cooked veggies and udon noodles to the pork. Stir to combine, 1-2 minutes.

TIP: Add a splash of water if the sauce looks too thick.



Cook the veggies & pork

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook carrot, green beans and Asian greens until tender, 5-6 minutes. Transfer to a medium bowl.
- Return the frying pan to high heat with a drizzle of **olive oil**. Cook **pork** mince, breaking up with a spoon, until just browned, 3-4 minutes.
- · Add garlic and cook until fragrant, 1 minute.

Custom Recipe: If you've upgraded to pork loin steak, return the frying pan to medium-high heat with a drizzle of olive oil. When oil is hot, cook pork until cooked through, 3-4 minutes each side. Add garlic as above. Transfer to a plate, cover and rest for 5 minutes.



Serve up

- Divide sticky Chinese-style pork noodles between bowls.
- Top with crispy shallots to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the crispy shallots.

Custom Recipe: Slice pork to serve.

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate

