



Ssamjang Pork & Udon Noodle Stir-Fry

with Veggies & Crispy Shallots

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Onion



Broccoli Florets



Ssamjang Paste



Teriyaki Sauce



Udon Noodles



Pork Mince



Garlic Paste



Crispy Shallots

Prep in: 20-30 mins
Ready in: 20-30 mins



This bowl is oodles of fun with noodles for all. The best part, that's really going to set a smile on your face, is the saucy ssamjang pork and veggies. To finish it off, we may not have glitter but crispy shallots are just as great and they taste amazing.

Pantry items

Olive Oil, Soy Sauce

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

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
onion	1 (medium)	1 (large)
broccoli florets	1 bag (200g)	1 bag (400g)
ssamjang paste	1 packet (30g)	1 packet (60g)
teriyaki sauce	1 packet (65g)	1 packet (130g)
soy sauce*	½ tbs	1 tbs
udon noodles	1 packet	2 packets
pork mince	1 packet	1 packet
garlic paste	1 medium packet	1 large packet
crispy shallots	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2679kJ (640Cal)	495kJ (118Cal)
Protein (g)	41g	7.6g
Fat, total (g)	21g	3.9g
- saturated (g)	7.6g	1.4g
Carbohydrate (g)	66.7g	12.3g
- sugars (g)	16.9g	3.1g
Sodium (mg)	1550mg	286mg

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.



Get prepped

- Boil the kettle. Thinly slice **carrot** into half-moons. Thinly slice **onion** into wedges. Halve any thicker stalks of **broccoli florets** lengthways.
- In a small bowl, combine **ssamjang paste**, **teriyaki sauce**, the **soy sauce** and a splash of **water**.

Little cooks: Kids can help combine the ingredients for the sauce.



Finish the noodles

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **pork mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Add **garlic paste** and cook until fragrant, **1 minute**.
- Remove pan from heat, then add **teriyaki sauce mixture**, cooked **veggies** and **udon noodles**, stirring to combine.

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



Cook the veggies & noodles

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot**, **onion** and **broccoli**, tossing, until tender, **6-7 minutes**. Transfer to a bowl.
- Meanwhile, half-fill a medium saucepan with boiling water. Cook **udon noodles** over medium-high heat until tender, **3-4 minutes**.
- In the last **minute** of cook time, gently stir **noodles** with a fork to separate. Drain, rinse and set aside.



Serve up

- Divide ssamjang pork and udon noodle stir-fry between bowls.
- Sprinkle with **crispy shallots** to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the shallots!

We're here to help!

Scan here if you have any questions or concerns



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