

KID FRIENDLY













Broccoli Florets

Button Mushrooms





Ssamjang Paste

Teriyaki Sauce



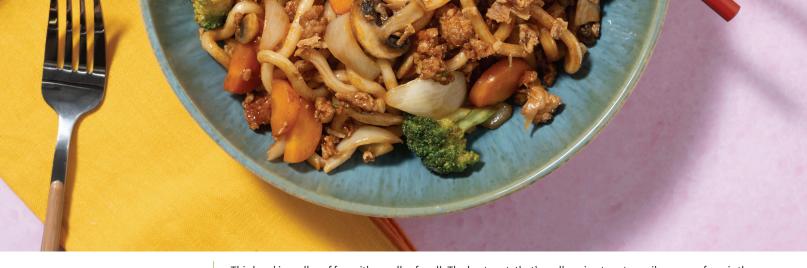


Udon Noodles



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 packet (200g)	1 packet (400g)
button mushrooms	1 packet	1 packet
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
mushrooms ssamjang paste teriyaki sauce soy sauce* udon noodles pork mince garlic paste	1 packet (30g) 1 packet (65g) ½ tbs 1 packet 1 packet 1 medium packet	1 packet (60g) 1 packet (130g) 1 tbs 2 packets 1 packet 1 large packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2757kJ (659Cal)	430kJ (103Cal)
Protein (g)	43.8g	6.8g
Fat, total (g)	21.5g	3.4g
- saturated (g)	7.6g	1.2g
Carbohydrate (g)	66.7g	10.4g
- sugars (g)	16.9g	2.6g
Sodium (mg)	1554mg	242mg

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.
 Halve any thicker stalks of broccoli florets lengthways. Thinly slice button mushrooms.
- 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 broccoli florets, carrot, mushrooms and onion, tossing, until tender,
 7-8 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, mushroom 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!



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