



Easy Chinese-Style Pork Noodles

with Greens & Crispy Shallots

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Carrot



Baby Broccoli



Asian Greens



Plum Sauce



Oyster Sauce



Pork Mince



Sweet Soy Seasoning



Udon Noodles



Crispy Shallots



Beef Mince

Prep in: 15-25 mins
Ready in: 20-30 mins

Calorie Smart*
**Custom Recipe is not Calorie Smart*

Add colourful veggies and pork 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!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Soy Sauce, 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

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	1	2
baby broccoli	1 bag	1 bag
Asian greens	1 bunch	2 bunches
plum sauce	1 medium packet	2 medium packets
oyster sauce	1 medium packet	1 large packet
soy sauce*	½ tbs	1 tbs
sesame oil*	½ tbs	1 tbs
water*	¼ cup	½ cup
pork mince	1 packet	1 packet
sweet soy seasoning	1 sachet	2 sachets
udon noodles	1 packet	2 packets
crispy shallots	1 medium packet	1 large packet
beef mince**	1 small packet	2 small packets OR 1 large 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)	2878kJ (688Cal)	523kJ (125Cal)
Protein (g)	42.3g	7.7g
Fat, total (g)	22.9g	4.2g
- saturated (g)	10g	1.8g
Carbohydrate (g)	68.8g	12.5g
- sugars (g)	24.3g	4.4g
Sodium (mg)	2178mg	396mg

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.

We're here to help!

Scan here if you have any questions or concerns

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1



Get prepped

- Boil the kettle. Finely chop **garlic**. Thinly slice **carrot** into half-moons. Cut **baby broccoli** into thirds. Roughly chop **Asian greens**.
- In a small bowl, combine **plum sauce**, **oyster sauce**, the **soy sauce**, **sesame oil** and the **water**. Set aside.

Little cooks: Take the lead by combining the sauces!

3



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 the 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 **plum-oyster mixture**, cooked **veggies** and **noodles** to the **pork**. Stir to combine, **1-2 minutes**.

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

2



Cook the veggies & pork

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot**, **baby broccoli** 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 **sweet soy seasoning** and cook until fragrant, **1 minute**.

Custom Recipe: If you've swapped from pork mince to beef mince, cook in the same way as above.

4



Serve up

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

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

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