



Quick Teriyaki Pork Noodle Stir-Fry

with Veggies & Crushed Peanuts

KID FRIENDLY

Grab your Meal Kit with this symbol



Green Beans



Carrot



Pork Mince



Udon Noodles



Ginger Paste



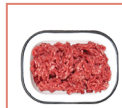
Teriyaki Sauce



Baby Spinach Leaves



Crushed Peanuts



Beef Mince

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

Sure, we've been accused of being a little nutty. So what? When the results are as quick and delicious as these warm pork noodles with plenty of tasty crunch from the crushed peanuts, we'll wear the nutty badge with pride!

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

Pantry items

Olive Oil, Sesame Oil, Soy Sauce, Brown Sugar

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
green beans	1 bag (100g)	1 bag (200g)
carrot	1	2
pork mince	1 packet	1 packet
udon noodles	1 packet	2 packets
ginger paste	1 packet	2 packets
teriyaki sauce	1 medium packet	1 large packet
sesame oil*	4 tsp	2½ tbs
soy sauce*	1 tbs	2 tbs
brown sugar*	1 tbs	2 tbs
water*	2 tbs	4 tbs
baby spinach leaves	1 small bag	1 medium bag
crushed peanuts	1 packet	2 packets
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)	3234kJ (773Cal)	665kJ (159Cal)
Protein (g)	41.3g	8.5g
Fat, total (g)	41.5g	8.5g
- saturated (g)	16.2g	3.3g
Carbohydrate (g)	53.9g	11.1g
- sugars (g)	13.2g	2.7g
Sodium (mg)	1554mg	319mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3525kJ (842Cal)	725kJ (173Cal)
Protein (g)	45.5g	9.4g
Fat, total (g)	46g	9.5g
- saturated (g)	19.1g	3.9g
Carbohydrate (g)	53.9g	11.1g
- sugars (g)	13.2g	2.7g
Sodium (mg)	1533mg	315mg

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

2024 | CW04



1



Cook the pork & veggies

- Boil the kettle. Trim and roughly chop **green beans**. Thinly slice **carrot** into rounds.
- Cook **pork mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Add **green beans** and **carrot**, and cook, tossing, until tender, **4-6 minutes**.

Custom Recipe: If you've swapped from pork to beef mince, cook beef in the same way as above. Drain away any excess oil before adding the veggies.

3



Finish the stir-fry

- Add **ginger paste** to the **pork** and **veggies**, and cook until fragrant, **1 minute**.
- Add the **noodles**, **teriyaki sauce**, the **sesame oil**, **soy sauce**, **brown sugar** and the **water** and cook, tossing, until slightly reduced, **1 minute**. Remove from the heat.
- Add the **baby spinach leaves** and toss to combine.

2



Make the noodles

- Meanwhile, half-fill a medium saucepan with boiling water.
- Cook **udon noodles** in boiling water, 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.

4



Serve up

- Divide teriyaki pork noodle stir-fry with veggies between bowls.
- Sprinkle with **crushed peanuts** to serve. Enjoy!

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

Rate your recipe

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