



Sticky Pork & Veggie Udon Stir-Fry

with Crispy Shallots

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



-  Carrot
-  Celery
-  Pork Mince
-  Shredded Red Cabbage
-  Udon Noodles
-  Sweet Soy Seasoning
-  Plum Sauce
-  Teriyaki Sauce
-  Crispy Shallots
-  Beef Mince

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

The perfect sauce is here, so make room in your pan for a teriyaki sauce that can take a pork and veggie stir-fry to stardom. Sealing this stir-fry's rightful place are udon noodles - we give it a gold star for sure!

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
carrot	1	2
celery	1 stalk	2 stalks
pork mince	1 packet	1 packet
shredded red cabbage	1 bag (150g)	1 bag (300g)
udon noodles	1 packet	2 packets
sweet soy seasoning	1 sachet	2 sachets
plum sauce	1 medium packet	2 medium packets
teriyaki sauce	½ medium packet	1 medium packet
soy sauce*	1 tbs	2 tbs
sesame oil*	½ tbs	1 tbs
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)	3008kJ (719Cal)	568kJ (136Cal)
Protein (g)	37.5g	7.1g
Fat, total (g)	28.3g	5.3g
- saturated (g)	8.8g	1.7g
Carbohydrate (g)	73.1g	13.8g
- sugars (g)	28.1g	5.3g
Sodium (mg)	1853mg	350mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3299kJ (788Cal)	623kJ (149Cal)
Protein (g)	41.7g	7.9g
Fat, total (g)	32.8g	6.2g
- saturated (g)	11.6g	2.2g
Carbohydrate (g)	73.1g	13.8g
- sugars (g)	28.1g	5.3g
Sodium (mg)	1832mg	346mg

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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Cook the pork & veggies

- Boil the kettle. Thinly slice **carrot** into half-moons. Thinly slice **celery**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **pork mince**, **celery** and **carrot**, breaking up with a spoon, until just browned, **4-6 minutes**.
- Add **shredded red cabbage** and cook, tossing, until tender, **3-4 minutes**.

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



Add the sauce

- To the pork and veggies, add **sweet soy seasoning** and cook until fragrant, **1 minute**.
- Reduce the frying pan heat to medium, then add the cooked **udon noodles**, **plum sauce**, **teriyaki sauce** (see ingredients), the **soy sauce**, **sesame oil** and a splash of **water**. Stir to combine, **1-2 minutes**. Season to taste.



Make the noodles

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



Serve up

- Divide sticky pork and veggie udon stir-fry between bowls.
- Garnish with **crispy shallots** to serve. Enjoy!

Little cooks: Kids can help by sprinkling over the crispy shallots.

Rate your recipe

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