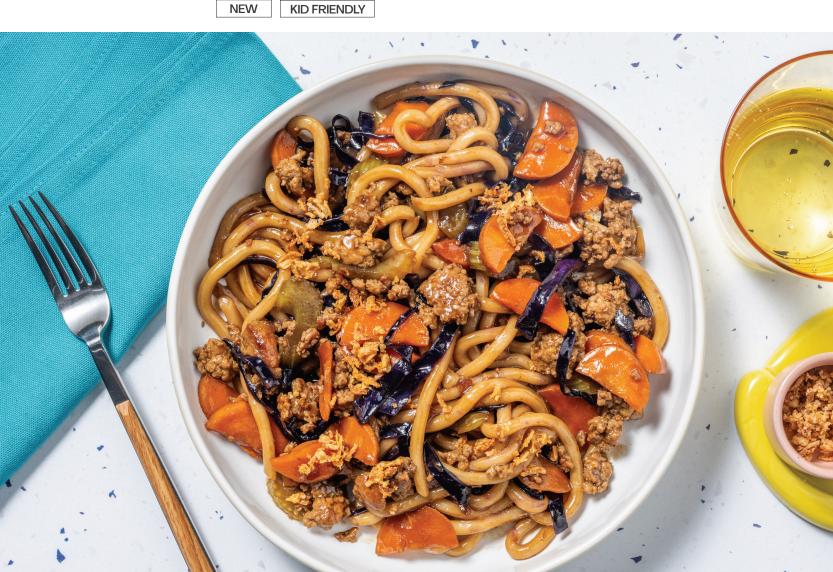
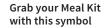


# Sticky Pork & Veggie Udon Stir-Fry with Crispy Shallots















Pork Mince

Cabbage



**Udon Noodles** 



Sweet Soy Seasoning



Plum Sauce





Crispy Shallots



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!



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

<sup>\*</sup>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)	<b>3299kJ</b> (788Cal)	<b>623kJ</b> (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.



# 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.



#### 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.



# 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.



## 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.

