



Quick Teriyaki Ginger Pork & Udon Noodle

with Veggies & Crispy Shallots

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Onion



Broccoli Florets



Ginger Paste



Teriyaki Sauce



Udon Noodles



Pork Mince



Garlic Paste



Crispy Shallots



Beef Mince

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 teriyaki ginger pork and veggies. To finish it off, we may not have glitter but crispy shallots are just as great and they taste amazing.

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

Pantry items

Olive Oil, Soy Sauce, Brown Sugar, 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
onion	½ (large)	1 (large)
broccoli florets	1 bag (200g)	1 bag (400g)
ginger paste	1 medium packet	1 large packet
teriyaki sauce	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
brown sugar*	1 tbs	2 tbs
sesame oil*	4 tsp	1½ tbs
water*	2 tbs	¼ cup
udon noodles	1 packet	2 packets
pork mince	1 small packet	2 small packets OR 1 large packet
garlic paste	1 medium packet	1 large packet
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)	2900kJ (693Cal)	530kJ (127Cal)
Protein (g)	40.4g	7.4g
Fat, total (g)	26.6g	4.9g
- saturated (g)	8.5g	1.6g
Carbohydrate (g)	67.4g	12.3g
- sugars (g)	17.5g	3.2g
Sodium (mg)	1499mg	274mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3191kJ (763Cal)	583kJ (139Cal)
Protein (g)	44.6g	8.1g
Fat, total (g)	31.1g	5.7g
- saturated (g)	11.3g	2.1g
Carbohydrate (g)	67.4g	12.3g
- sugars (g)	17.5g	3.2g
Sodium (mg)	1478mg	270mg

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 | CW07



1



Get prepped

- Boil the kettle. Thinly slice **carrot** into half-moons. Thinly slice **onion** (see ingredients) into wedges. Halve any thicker **broccoli florets** lengthways.
- In a small bowl, combine **ginger paste**, **teriyaki sauce**, the **soy sauce**, **brown sugar**, **sesame oil** and **water**.

Little cooks: Kids can help combine the ingredients for the sauce.

3



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.

Custom Recipe: If you've swapped pork mince to beef mince, follow cooking instruction as above.

2



Cook the veggies & noodles

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot**, **onion** and **broccoli**, tossing, until tender, **6-7 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.

4



Serve up

- Divide teriyaki ginger pork and udon noodle stir-fry between bowls.
- Top with **crispy shallots** to serve. Enjoy!

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

Rate your recipe

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