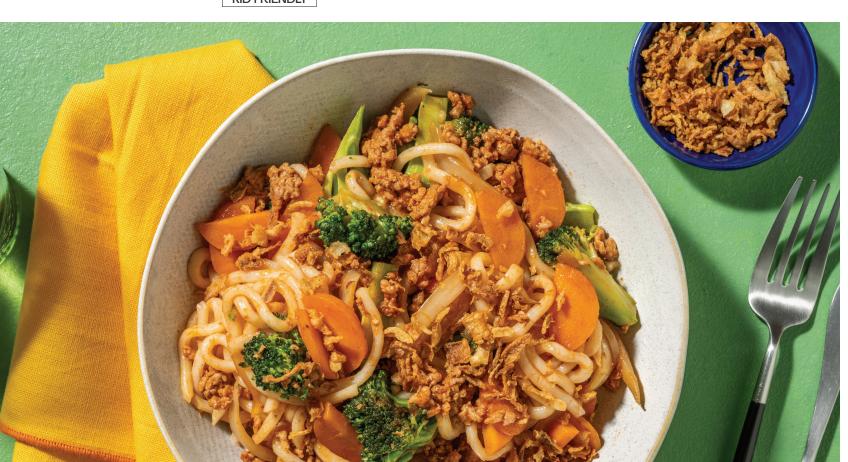


# Quick Teriyaki Ginger Pork & Udon Noodle with Veggies & Crispy Shallots

KID FRIENDLY



Grab your Meal Kit with this symbol











Broccoli Florets

Ginger Paste





Teriyaki Sauce

**Udon Noodles** 







Pork Mince

Garlic Paste





Crispy Shallots

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.

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            | 1/2 (large)     | 1 (large)                            |
| broccoli florets | 1 bag<br>(200g) | 1 bag<br>(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           | 1/4 cup                              |
| udon noodles     | 1 packet        | 2 packets                            |
| pork mince       | 1 small packet  | 2 small packets<br>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<br>OR 1 large packet |

<sup>\*</sup>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) | <b>583kJ</b> (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.



Scan here if you have any questions or concerns

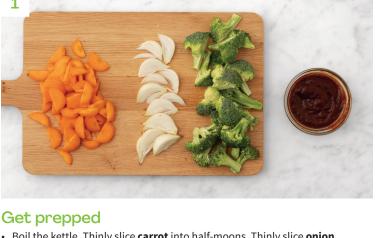
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- Boil the kettle. Thinly slice carrot into half-moons. Thinly slice onion (see ingredients) into wedges. Halve any thicker broccoli florets lengthways.
- In a small bowl, combine ginger paste, teriyaki sauce, the soy sauce, brown sugar, sesame oil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

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



#### 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.



#### 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.



## 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!