



Quick Coconut Katsu Pork & Udon Noodles

with Veggies & Crispy Shallots

TAKEAWAY FAVES

NEW

Grab your Meal Kit with this symbol



Green Beans



Baby Broccoli



Udon Noodles



Pork Mince



Sweet Soy Seasoning



Katsu Paste



Light Coconut Milk



Crispy Shallots



Coriander



Pork Mince

Prep in: 20-30 mins
Ready in: 20-30 mins

Calorie Smart*
*Custom Recipe is not Calorie Smart

You'll be off to visit your happy place when you get a taste of this dish. Pork mince is tossed in katsu paste and mellowed out with coconut milk to create a perfectly balanced dish, with udon noodles to help slurp up all that sauce!

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

Pantry items

Olive Oil, Soy Sauce

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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
green beans	1 small packet	1 medium packet
baby broccoli	½ medium bunch	1 medium bunch
udon noodles	1 packet	2 packets
pork mince	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
katsu paste	1 medium packet	1 large packet
light coconut milk	1 large packet	2 large packets
soy sauce*	1 tsp	2 tsp
water*	¼ cup	½ cup
crispy shallots	1 medium packet	1 large packet
coriander	½ packet	1 packet
pork mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2692kJ (643Cal)	558kJ (133Cal)
Protein (g)	39.2g	8.1g
Fat, total (g)	40.1g	8.3g
- saturated (g)	22.4g	4.6g
Carbohydrate (g)	54.8g	11.4g
- sugars (g)	13.2g	2.7g
Sodium (mg)	1659mg	344mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3597kJ (860Cal)	592kJ (141Cal)
Protein (g)	63.5g	10.5g
Fat, total (g)	53.3g	8.8g
- saturated (g)	27.4g	4.5g
Carbohydrate (g)	54.8g	9g
- sugars (g)	13.2g	2.2g
Sodium (mg)	1731mg	285mg

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 | CW09



1



Get prepped

- Boil the kettle. Trim **green beans** and **baby broccoli** (see ingredients) and slice into thirds.
- 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.

3



Finish the sauce

- Reduce heat to medium, add **katsu paste**, **light coconut milk**, the **soy sauce** and **water**. Simmer, until slightly reduced, **2-3 minutes**.
- Remove pan from heat, add the **udon noodles** and stir to combine. Season with **pepper**.

2



Start the sauce

- Meanwhile, heat a large frying pan over high heat with a drizzle of **olive oil**.
- Cook **pork mince**, **green beans** and **baby broccoli**, breaking up mince with a spoon, until just browned, **5-6 minutes**.
- Add **sweet soy seasoning** and cook, until fragrant, **1 minute**.

Custom Recipe: If you've doubled your pork mince, cook in batches for best results.

4



Serve up

- Divide katsu pork and veggie udon noodles between bowls.
- Garnish with **crispy shallots**. Tear over **coriander** (see ingredients) to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate