



Sticky Chinese-Style Pork Noodles

with Plum-Oyster Baby Broccoli & Shredded Cabbage

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Carrot



Baby Broccoli



Plum Sauce



Oyster Sauce



Shredded Cabbage Mix



Pork Mince



Sweet Soy Seasoning



Udon Noodles



Parsley



Beef Strips

Prep in: 20-30 mins
Ready in: 25-35 mins

Calorie Smart

The perfect sauce is here, so make room in your pan (and your stomach!) for this Chinese-style dish where pork, veggies and udon noodles take centre stage. With a sprinkling of fresh parsley for a boost of flavour, you'll be slurping your way to noodle nirvana in no time!

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
garlic	3 cloves	6 cloves
carrot	1	2
baby broccoli	1 bunch	2 bunches
plum sauce	1 medium packet	2 medium packets
oyster sauce	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
sesame oil*	½ tbs	1 tbs
water*	¼ cup	½ cup
shredded cabbage mix	1 bag (150g)	1 bag (300g)
pork mince	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
udon noodles	1 packet	2 packets
parsley	1 bag	1 bag
beef strips**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2576kJ (616Cal)	485kJ (116Cal)
Protein (g)	38.5g	7.3g
Fat, total (g)	19.1g	3.6g
- saturated (g)	6.2g	1.2g
Carbohydrate (g)	66g	12.4g
- sugars (g)	25.9g	4.9g
Sodium (mg)	2207mg	416mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2467kJ (590Cal)	465kJ (111Cal)
Protein (g)	42.9g	8.1g
Fat, total (g)	14.2g	2.7g
- saturated (g)	4.5g	0.8g
Carbohydrate (g)	66g	12.4g
- sugars (g)	25.9g	4.9g
Sodium (mg)	2184mg	411mg

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 | CW12



1



Get prepped

- Boil the kettle. Finely chop **garlic**. Thinly slice **carrot** into sticks. Halve any thicker stalks of **baby broccoli** lengthways and cut into thirds.
- In a small bowl, combine **plum sauce**, **oyster sauce**, the **soy sauce**, **sesame oil** and the **water**.

Little cooks: Take the lead by combining the sauces!

3



Finish the noodles

- While the pork is cooking, 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.
- Reduce the frying pan heat to medium, then add **plum-oyster mixture**, **cooked veggies** and **udon noodles** to the pork. Stir to combine, **1-2 minutes**.

2



Cook the veggies & pork

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **baby broccoli** until tender, **5-6 minutes**.
- Add **shredded cabbage mix** and cook, tossing occasionally, until softened, **2-3 minutes**. Transfer to a medium bowl.
- Return the frying pan to high heat with a drizzle of **olive oil**. Cook **pork mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Add **garlic** and **sweet soy seasoning** and cook until fragrant, **1 minute**.

Custom Recipe: If you've swapped to beef strips, discard any liquid from packaging. After cooking veggies, return frying pan to heat as above. When oil is hot, cook beef strips in batches, tossing, until browned and cooked through, 1-2 minutes. Continue with recipe.

4



Serve up

- Divide sticky Chinese-style pork noodles between bowls.
- Tear over **parsley** to serve. Enjoy!

Rate your recipe

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