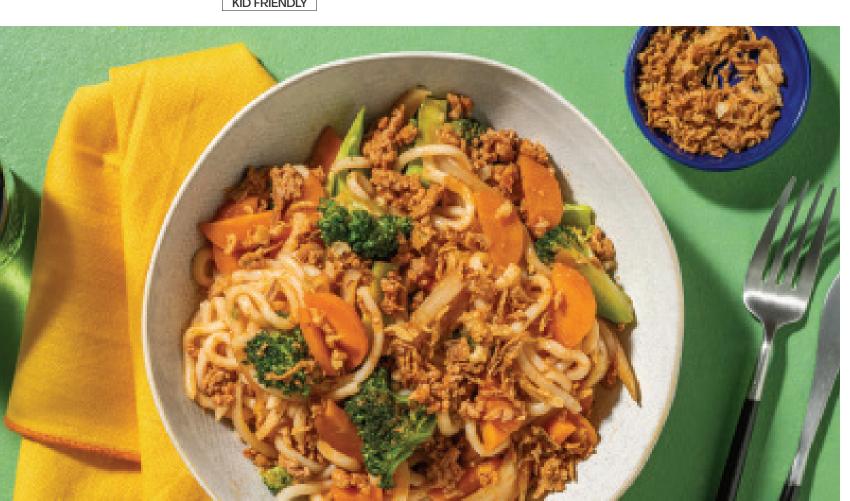


Teriyaki Ginger Pork & Udon Noodle with Broccoli & Crispy Shallots

KID FRIENDLY



Grab your Meal Kit with this symbol











Broccoli Florets

Teriyaki Sauce





Ginger Paste

Udon Noodles





Pork Mince

Crispy Shallots

Sweet Soy

Seasoning

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
refer to method	refer to method
1	2
1/2	1
1 medium packet	1 large packet
1 medium packet	1 large packet
1 medium packet	1 large packet
1 tbs	2 tbs
1 tbs	1 tbs
4 tsp	1½ tbs
2 tbs	1/4 cup
1 packet	2 packets
1 medium packet	2 medium packets OR 1 large packet
1 sachet	2 sachets
1 medium packet	1 large packet
1 medium packet	2 medium packets OR 1 large packet
	refer to method 1 ½ 1 medium packet 1 medium packet 1 medium packet 1 tbs 1 tbs 4 tsp 2 tbs 1 packet 1 medium 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)	3157kJ (755Cal)	577kJ (138Cal)
Protein (g)	42.8g	7.8g
Fat, total (g)	32.4g	5.9g
- saturated (g)	11g	2g
Carbohydrate (g)	67.4g	12.3g
- sugars (g)	17.5g	3.2g
Sodium (mg)	1484mg	271mg

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

2024 | CW16





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 teriyaki sauce, ginger paste, the soy sauce, brown sugar, sesame oil and the water.

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



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 sweet soy seasoning 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 to beef & pork mince, follow instructions as above.



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.



Serve up

- Divide teriyaki ginger pork and udon noodles between bowls.
- Top with crispy shallots to serve. Enjoy!

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