



Hawker-Style Pork & Veggie Udon Noodles

with Broccoli & Spring Onion

NEW

Grab your Meal Kit with this symbol



Carrot



Broccoli Florets



Onion



Garlic



Spring Onion



Udon Noodles



Pork Mince



Curry Powder



Oyster Sauce



Beef Mince

Recipe Update

We've replaced the crispy shallots in this recipe with spring onion due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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

Calorie Smart*
**Custom Recipe is not Calorie Smart*

You won't miss an ounce of flavour when you toss everything into one bowl. It's a guarantee to taste all the goodies in this bowl in one bite, with a bunch of udon noodles to tangle up the veggies and flavourful pork mince. Grab a fork, you don't want to miss out.

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

Pantry items

Olive Oil, Brown Sugar, Vinegar (White Wine or Rice Wine), Soy Sauce

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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
broccoli florets	1 medium packet	1 large packet
onion	½	1
garlic	2 cloves	4 cloves
spring onion	1 stem	2 stems
udon noodles	1 packet	2 packets
pork mince	1 medium packet	2 medium packets OR 1 large packet
curry powder	1 sachet	2 sachets
oyster sauce	1 medium packet	1 large packet
brown sugar*	1 tbs	2 tbs
vinegar* (white wine or rice wine)	1 tsp	2 tsp
soy sauce*	1 tbs	2 tbs
beef 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)	2643kJ (632Cal)	500kJ (120Cal)
Protein (g)	40.2g	7.6g
Fat, total (g)	23.4g	4.4g
- saturated (g)	7.9g	1.5g
Carbohydrate (g)	59g	11.2g
- sugars (g)	11.8g	2.2g
Sodium (mg)	1544mg	292mg
Dietary Fibre (g)	10.3g	1.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2934kJ (701Cal)	555kJ (133Cal)
Protein (g)	44.4g	8.4g
Fat, total (g)	27.9g	5.3g
- saturated (g)	10.8g	2g
Carbohydrate (g)	59g	11.2g
- sugars (g)	11.8g	2.2g
Sodium (mg)	1523mg	288mg
Dietary fibre	10.3g	1.9g

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 | CW23



Cook the veggies

- Boil the kettle.
- Thinly slice **carrot** into half-moons. Cut any larger **broccoli florets** in half. Slice **onion** (see ingredients) into wedges. Finely chop **garlic**. Thinly slice **spring onion**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **broccoli, carrot and onion**, tossing, until tender, **6-8 minutes**. Transfer to a plate.



Bring it all together

- Return the 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 **curry powder**, and cook until fragrant, **1 minute**.
- Return **veggies** to pan, then add **noodles, oyster sauce, the brown sugar, vinegar and soy sauce** and cook, tossing occasionally, until combined, **1-2 minutes**. Season to taste.

Custom Recipe: If you've swapped to beef mince, cook beef mince in the same way as the pork mince.



Cook the noodles

- 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 hawker-style pork and veggie udon noodles between bowls.
- Garnish with spring onion to serve. Enjoy!

Rate your recipe

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