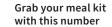


Coconut Katsu Pork & Veggie Egg Noodles

with Spring Onions

FEEL-GOOD TAKEAWAY











Baby Broccoli

Green Beans



Spring Onions





Pork Mince



Egg Noodles



Katsu Paste



Seasoning

Coconut Milk



Coriander





Prep in: 20-30 mins Ready in: 20-30 mins **Pantry items** Olive Oil, Soy Sauce

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
spring onion	1 stem	2 stems
egg noodles	1 packet	2 packets
pork mince	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	2 medium packets	4 medium packets
katsu paste	1 medium packet	1 large packet
coconut milk	1 medium packet	2 medium packets
soy sauce*	1 tsp	2 tsp
water*	⅓ cup	½ cup
coriander	1 packet	1 packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2907kJ (695Cal)	689kJ (165Cal)
Protein (g)	40.1g	9.5g
Fat, total (g)	43.6g	10.3g
- saturated (g)	21.8g	5.2g
Carbohydrate (g)	63.4g	15g
- sugars (g)	9.1g	2.2g
Sodium (mg)	1629mg	386mg
Dietary Fibre (g)	12.4g	g

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.



Get prepped

- Boil the kettle. Trim green beans and baby broccoli (see ingredients) and slice into thirds. Thinly slice spring onion.
- Half-fill a medium saucepan with boiling water. Cook egg noodles over medium-high heat, stirring occasionally with a fork to separate, until tender, 4-5 minutes.
- · Drain, rinse and set aside.



Cook the pork & veggies

- 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.



Add the sauce

CUSTOM

OPTIONS

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



Serve up

- Divide coconut katsu pork and veggie egg noodles between bowls.
- Garnish with spring onion and tear over coriander to serve. Enjoy!



