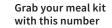


Katsu Pork & Veggie Egg Noodles

with Crushed Peanuts

FEEL-GOOD TAKEAWAY

TAKEAWAY FAVES











Green Beans



Egg Noodles

Pork Mince





Sweet Soy Seasoning

Katsu Paste





Coconut Milk

Crushed Peanuts



Coriander









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



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
egg 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
coconut milk	1 medium packet	1 medium packet
soy sauce*	1 tsp	2 tsp
water*	1/4 cup	½ cup
crushed peanuts	1 packet	2 packets
coriander	1 packet	1 packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3049kJ (729Cal)	579kJ (138Cal)
Protein (g)	45.7g	8.7g
Fat, total (g)	43.8g	8.3g
- saturated (g)	21.8g	4.1g
Carbohydrate (g)	63.1g	12g
- sugars (g)	9.1g	1.7g
Sodium (mg)	1655mg	314mg
Dietary Fibre (g)	16.1g	0.9g

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.



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 egg noodles over medium-high heat, stirring occasionally with a fork to separate, until tender, 4-5 minutes.
- · Drain, rinse and set aside.



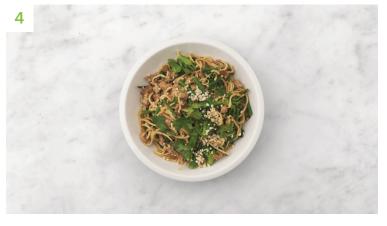
Start the sauce

- 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.



Finish the sauce

- 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 katsu pork and veggie egg noodles between bowls.
- Garnish with **crushed peanuts**. Tear over **coriander** to serve. Enjoy!

