



# Asian Pork & Veggie Stir-Fry

with Udon Noodles & Crushed Peanuts

HELLOHERO

KID FRIENDLY

Grab your meal kit with this number

27



Green Beans



Carrot



Pork Mince



Udon Noodles



Garlic Paste



Oyster Sauce



Korean Stir-Fry Sauce



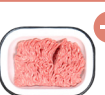
Baby Leaves



Crushed Peanuts



Beef Mince



Pork Mince

Prep in: 15-25 mins  
Ready in: 15-25 mins

Sure, we've been accused of being a little nutty. So what! When the results are as quick and delicious as these warm pork noodles with plenty of tasty crunch from the crushed peanuts, we'll wear the nutty badge with pride!

### Pantry items

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



## 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

Large frying pan · Medium saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
green beans	1 small packet	1 medium packet
carrot	1	2
pork mince	1 medium packet	2 medium packets OR 1 large packet
udon noodles	1 packet	2 packets
garlic paste	1 small packet	1 medium packet
oyster sauce	1 medium packet	1 large packet
<b>butter*</b>	30g	60g
Korean stir-fry sauce	1 medium packet	1 large packet
<b>soy sauce*</b>	drizzle	drizzle
<b>vinegar*</b> (white wine or rice wine)	drizzle	drizzle
baby leaves	1 small packet	1 medium packet
crushed peanuts	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3234kJ (773cal)	323kJ (77cal)
Protein (g)	41.3g	4.1g
Fat, total (g)	41.5g	4.1g
- saturated (g)	16.2g	1.6g
Carbohydrate (g)	53.9g	5.4g
- sugars (g)	13.2g	1.3g
Sodium (mg)	1554mg	155mg
Dietary Fibre (g)	5.5g	0.5g

The quantities provided above are averages only.

## Allergens

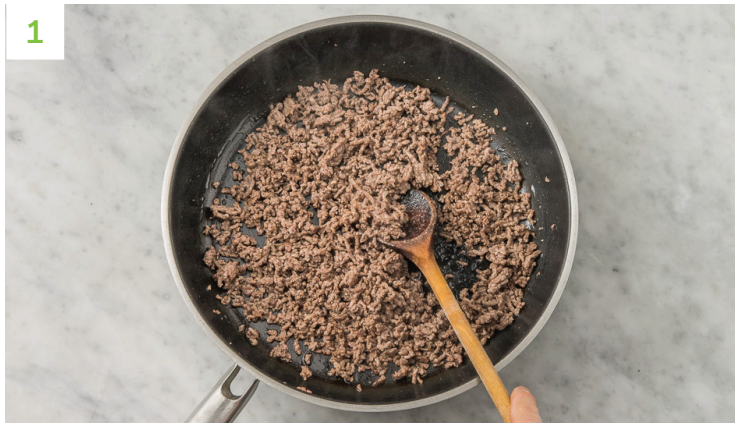
Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://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 | CW34



## Cook the pork & veggies

- Boil the kettle.
- Trim and roughly chop **green beans**. Thinly slice **carrot** into rounds.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **pork mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Add **green beans** and **carrot**, and cook, tossing, until tender, **4-6 minutes**.



## Finish the stir-fry

- Add **garlic paste** to the **pork** and **veggies**, and cook until fragrant, **1 minute**.
- Add the **noodles**, **oyster sauce**, **butter**, **Korean stir-fry sauce**, **soy sauce** and **vinegar** and cook, tossing, until slightly reduced, **1 minute**. Remove from the heat.
- Add the **baby leaves** and toss to combine.



## Make the noodles

- Meanwhile, half-fill a medium saucepan with boiling water. Cook **udon noodles** in boiling water, 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 Asian pork and veggie stir-fry between bowls.
- Sprinkle with **crushed peanuts** to serve. Enjoy!

**Little cooks:** Add the finishing touch by sprinkling over the peanuts!

CUSTOM  
OPTIONS



**SWAP TO BEEF MINCE**  
Follow method above.



**DOUBLE PORK MINCE**  
Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

