



Quick Pork & Veggie Mie Goreng

with Fried Egg & Crispy Shallots

NEW

Grab your meal kit
with this number

20



Egg Noodles



Broccoli Florets



Fresh Chilli
(Optional)



Oyster Sauce



Honey-Soy
Sauce



Chicken-Style
Stock Powder



Pork Mince



Crispy Shallots



Pork
Mince



Beef
Mince

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

Protein Rich

Mie Goreng - this classic noodle dish is familiar to many, although most of us have only had it straight out of the packet. Can you imagine the flavour you could achieve if you tried making it from scratch? Pork mince, egg noodles and veggies tangle together in a rich, sweet-and-savoury sauce. Add a sunny-side-up egg to pull it all together!

Pantry items

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

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
egg noodles	1 packet	2 packets
broccoli florets	1 medium packet	1 large packet
fresh chilli (optional) 🌶️	½	1
oyster sauce	1 medium packet	1 large packet
honey-soy sauce	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
vinegar* (white wine or rice wine)	½ tbs	1 tbs
soy sauce*	½ tbs	1 tbs
eggs*	2	4
pork mince	1 medium packet	2 medium packets OR 1 large packet
crispy shallots	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3135kJ (749Cal)	699kJ (167Cal)
Protein (g)	45g	10g
Fat, total (g)	26.4g	5.9g
- saturated (g)	8.7g	1.9g
Carbohydrate (g)	80g	17.8g
- sugars (g)	21.8g	4.9g
Sodium (mg)	3241mg	722mg
Dietary Fibre (g)	10.9g	2.4g

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

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Cook the noodles

- Boil the kettle.
- Half-fill a medium saucepan with the boiled water. Add **egg noodles** and cook over medium-high heat, stirring occasionally with a fork to separate, until tender, **4-5 minutes**.
- Drain, rinse and set aside.



Cook the eggs

- Return frying pan to high heat with a generous drizzle of **olive oil**.
- When oil is hot, crack the **eggs** into the pan. Cook until egg whites are firm and yolks are cooked to liking, **4-5 minutes**.
- Transfer to a plate and cover to keep warm.



Cook the veggies

- Meanwhile, cut any larger **broccoli florets** in half.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **broccoli florets**, tossing, until tender, **6-8 minutes**.
- Transfer to a bowl. Season to taste.

TIP: Add a dash of water to help speed up the cooking process.



Bring it all together

- Return 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 **cooked noodles** and **veggies** to pan, then add **sauce mixture**, tossing until combined, **1 minute**.
- Season with **pepper**.



Get prepped

- Meanwhile, thinly slice **fresh chilli** (if using).
- In a small bowl, combine **oyster sauce**, **honey-soy sauce**, **chicken-style stock powder**, the **vinegar**, **soy sauce** and a splash of **water**.



Serve up

- Divide pork and veggie mie goreng between serving bowls.
- Top each bowl with a fried egg, **crispy shallots** and **chilli** to serve. Enjoy!

CUSTOM OPTIONS



DOUBLE PORK MINCE

Follow method above, cooking in batches if necessary.



SWAP TO BEEF 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.

