



# Katsu Pork & Broccoli Egg Noodles

with Green Beans & Crushed Peanuts

FEEL-GOOD TAKEAWAY

Grab your meal kit with this number

30



Green Beans



Broccoli



Egg Noodles



Pork Mince



Sweet Soy Seasoning



Katsu Paste



Coconut Milk



Crushed Peanuts



Coriander



Pork Mince



Beef Mince

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

Protein Rich

You'll be off to visit your happy place when you get a taste of this dish. Pork mince is tossed in katsu paste and mellowed out with coconut milk to create a perfectly balanced dish, with egg noodles to help slurp up all that sauce!

### 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
<b>olive oil*</b>	refer to method	refer to method
green beans	1 small packet	1 medium packet
broccoli	1 head	2 heads
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	2 medium packets
<b>soy sauce*</b>	1 tsp	2 tsp
<b>water*</b>	¼ 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 (728Cal)	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	3.1g

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.



## Get prepped

- Boil the kettle.
- Trim **green beans**. Chop **broccoli** (including stalk!) into small florets.
- 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.



## 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**.



## Start the sauce

- Meanwhile, heat a large frying pan over high heat with a drizzle of **olive oil**.
- Cook **pork mince**, **green beans** and **broccoli**, breaking up mince with a spoon, until just browned, **5-6 minutes**.
- Add **sweet soy seasoning** and cook, until fragrant, **1 minute**.



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns

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### 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.

