



Asian Pork & Veggie Stir-Fry

with Udon Noodles & Crushed Peanuts

HELLOHERO

KID FRIENDLY

Grab your meal kit with this number

27



Broccoli



Carrot



Pork Mince



Udon Noodles



Garlic Paste



Oyster Sauce



Korean Stir-Fry Sauce



Baby Leaves



Crushed Peanuts



Beef Mince



Pork Mince

Recipe Update

We've replaced the green beans in this recipe with broccoli due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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
olive oil*	refer to method	refer to method
broccoli	1 head	2 heads
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
butter*	30g	60g
Korean stir-fry sauce	1 medium packet	1 large packet
soy sauce*	drizzle	drizzle
vinegar* (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	155.2mg
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 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 pork & veggies

- Boil the kettle.
- Chop **broccoli** (including stalk) into small florets. 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 **broccoli** and **carrot**, and cook, tossing, until tender, **4-6 minutes**.



Finish the stir-fry

- To the pan with the **pork** and **veggies**, add **garlic paste** and cook until fragrant, **1 minute**.
- Add the **cooked 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.

