

# Slow-Cooked Pork Ramen-Style Noodle Soup

with Soft Boiled Egg

SLOW-COOKER FRIENDLY

WINTER WARMERS

CLIMATE SUPERSTAR

Grab your meal kit with this number

32



Carrot



Garlic



Pork Scotch Fillet



Sweet Soy Seasoning



Ginger Paste



Teriyaki Sauce



Chicken-Style Stock Powder



Egg Noodles



Asian Greens



Peeled Pumpkin Pieces



Pork Scotch Fillet

Prep in: 25-35 mins  
Ready in: 4 hrs 25 mins - 4 hrs 35 mins

Calorie Smart Protein Rich

Do you love ramen as much as we do? How could you not - tender pork and noodles swimming around together in a hot, savoury broth and topped with a perfectly jammy egg. This one's super easy to make as well, the meat gets the rich flavour in your slow cooker, you just need to quickly boil the eggs and noodles for a feast in a bowl!

### Pantry items

Olive Oil, 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

Large frying pan · Slow cooker or ovenproof saucepan · Medium saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
garlic	2 cloves	4 cloves
pork scotch fillet	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
ginger paste	1 medium packet	1 large packet
teriyaki sauce	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
<b>soy sauce*</b>	1 tbs	2 tbs
<b>water*</b>	3 cups	6 cups
<b>eggs*</b>	2	4
egg noodles	1 packet	2 packets
Asian greens	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2603kJ (622Cal)	592kJ (141Cal)
Protein (g)	40.1g	9.1g
Fat, total (g)	18.5g	4.2g
- saturated (g)	5.2g	1.2g
Carbohydrate (g)	72.4g	16.5g
- sugars (g)	15.7g	3.6g
Sodium (mg)	2086mg	474mg
Dietary Fibre (g)	10.6g	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](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

- Thinly slice **carrot** into rounds. Finely chop **garlic**. Cut **pork scotch fillet** into 3cm chunks and season generously with **salt** and **pepper**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **pork** until browned on all sides, **3-4 minutes**.



## Boil the noodles

- When the eggs are done, return saucepan to high heat and bring back to the boil. Cook **egg noodles**, stirring occasionally with a fork to separate, until tender, **4-5 minutes**.
- Drain, rinse and divide between serving bowls.



## Slow cook the pork

- Reduce heat to medium, add **garlic**, **sweet soy seasoning** and **ginger paste**, and cook until fragrant, **1 minute**.
- Add **teriyaki sauce**, **carrot**, **chicken-style stock powder**, the **soy sauce** and **water**, and stir to combine. Transfer to slow cooker and set cooking temperature to high.
- Place lid on slow cooker and cook, stirring each hour, until pork falls apart, **4 hours**.

**TIP:** If you don't have a slow cooker, preheat oven to 200°C/180°C fan-forced. Transfer mixture to an ovenproof saucepan, cover with lid (or tightly with foil) and bake until pork is tender, 90 minutes.



## Finish the ramen

- Meanwhile, roughly chop **Asian greens**.
- When the pork has **5 minutes** remaining, add **Asian greens** to slow cooker. Stir until wilted.



## Boil the egg

- When the pork has **20 minutes** remaining, boil the kettle. Half-fill a medium saucepan with boiling water.
- Cook the **eggs** in boiling water, over high heat, until soft-boiled, **7 minutes**. Using tongs, remove **eggs** from saucepan and cool in cold water. Peel and halve.



## Serve up

- Pour slow cooked pork ramen over egg noodles.
- Top with soft boiled eggs to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW38



### CUSTOM OPTIONS

#### + ADD PEELED PUMPKIN PIECES

Preheat oven to 220°C/200°C fan-forced. Toss with olive oil and salt. Roast until tender, 20-25 minutes. Serve on top.

#### + DOUBLE PORK SCOTCH FILLET

Follow method above, browning in batches if necessary.

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

