

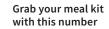
Slow-Cooked Pork Ramen-Style Noodle Soup

with Soft Boiled Egg

SLOW-COOKER FRIENDLY

WINTER WARMERS

CLIMATE SUPERSTAR













Pork Scotch



Sweet Soy Seasoning





Ginger Paste

Teriyaki Sauce



Chicken-Style



Egg Noodles



Asian Greens





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





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

 $\label{eq:lower_control_control} \textbf{Large frying pan} \cdot \textbf{Slow cooker or oven proof saucepan} \cdot \\ \textbf{Medium saucepan}$

Ingredients

	2 People	4 People
olive oil*	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
soy sauce*	1 tbs	2 tbs
water*	3 cups	6 cups
eggs*	2	4
egg noodles	1 packet	2 packets
Asian greens	1 packet	2 packets

*Pantry Items

Nutrition

Per Serving	Per 100g
2603kJ (622Cal)	592kJ (141Cal)
40.1g	9.1g
18.5g	4.2g
5.2g	1.2g
72.4g	16.5g
15.7g	3.6g
2086mg	474mg
10.6g	2.4g
	2603kJ (622Cal) 40.1g 18.5g 5.2g 72.4g 15.7g 2086mg

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.



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.



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.



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.



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.



Finish the ramen

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



Serve up

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



