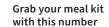
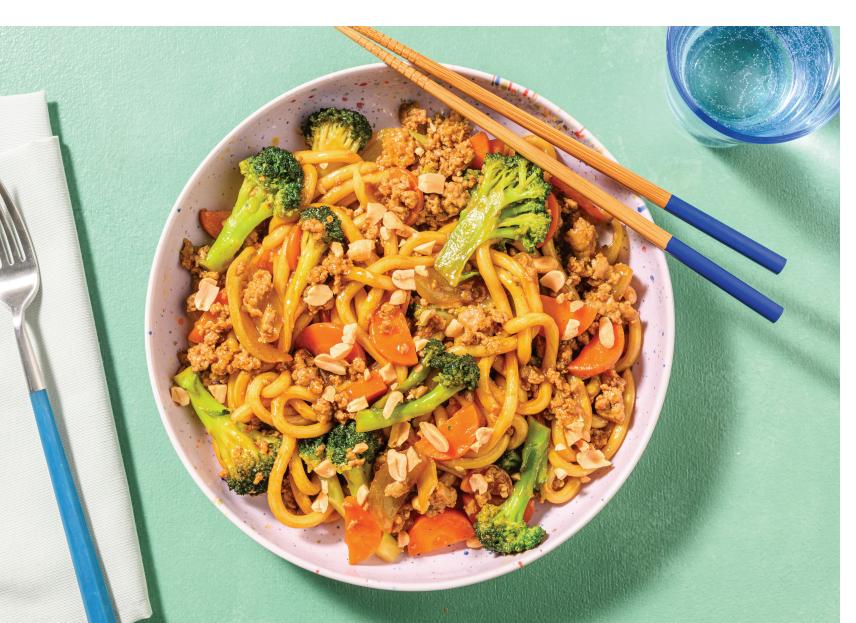


# Hawker-Style Pork & Veggie Udon Noodles with Broccoli & Crushed Peanuts











Broccoli Florets









**Udon Noodles** 





Curry Powder



Crushed Peanuts







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

Calorie Smart



## 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

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	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
broccoli florets	1 medium packet	1 large packet
onion	1/2	1
garlic	2 cloves	4 cloves
udon noodles	1 packet	2 packets
pork mince	1 medium packet	2 medium packets OR 1 large packet
curry powder	1 sachet	2 sachets
oyster sauce	1 medium packet	2 medium packets OR 1 large packet
brown sugar*	1 tbs	2 tbs
vinegar* (white wine or rice wine)	1 tsp	2 tsp
soy sauce*	1 tbs	2 tbs
crushed peanuts	1 packet	2 packets

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2709kJ (647cal)	235kJ (56cal)
Protein (g)	42.4g	3.7g
Fat, total (g)	26.4g	2.3g
- saturated (g)	7.4g	0.6g
Carbohydrate (g)	54.8g	4.7g
- sugars (g)	12.8g	1.1g
Sodium (mg)	1543mg	133.6mg
Dietary Fibre (g)	9.4g	0.8g

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

- · Boil the kettle.
- Thinly slice carrot into half-moons. Cut any larger broccoli florets in half.
  Slice onion (see ingredients) into wedges. Finely chop garlic.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook broccoli, carrot and onion, tossing, until tender, 6-8 minutes.
- Transfer to a plate.



#### Boil the noodles

- Meanwhile, half-fill a medium saucepan with boiling water. Cook udon noodles 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.



## Finish the noodles

- Return the 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 garlic and curry powder, and cook until fragrant, 1 minute.
- Return veggies to pan, then add cooked noodles, oyster sauce, the brown sugar, vinegar and soy sauce and cook, tossing occasionally, until combined, 1-2 minutes. Season to taste.



## Serve up

- Divide hawker-style pork and veggie udon noodles between bowls.
- Garnish with **crushed peanuts** to serve. Enjoy!







