

# Hawker-Style Pork & Veggie Udon Noodles

with Broccoli & Crushed Peanuts

Grab your meal kit with this number

26



Carrot



Broccoli Florets



Onion



Garlic



Udon Noodles



Pork Mince



Curry Powder



Oyster Sauce



Crushed Peanuts



Beef Mince



Pork Mince

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



Protein Rich



Calorie Smart

You won't miss an ounce of flavour when you toss everything into one bowl. It's a guarantee to taste all the goodies in this bowl in one bite, with a bunch of udon noodles to tangle up the veggies and flavourful pork mince. Grab a fork, you don't want to miss out.

### Pantry items

Olive Oi, Brown Sugar, Vinegar (White Wine or Rice Wine), 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

Large frying pan · Medium saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
broccoli florets	1 medium packet	1 large packet
onion	½	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
<b>brown sugar*</b>	1 tbs	2 tbs
<b>vinegar*</b> (white wine or rice wine)	1 tsp	2 tsp
<b>soy sauce*</b>	1 tbs	2 tbs
crushed peanuts	1 packet	2 packets

\*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](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.
- 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.



## 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.



## 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.



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW40



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.

