

Quick Teriyaki Pork & Veggies Noodles

with Capsicum & Broccoli

KID FRIENDLY

Grab your meal kit with this number

26



Capsicum



Onion



Broccoli Florets



Teriyaki Sauce



Ginger Paste



Egg Noodles



Pork Mince



Sweet Soy Seasoning



Crispy Shallots



Beef Mince



Beef & Pork Mince

Recipe Update

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

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



Protein Rich



Calorie Smart

This bowl is oodles of fun with noodles for all. The best part, that's really going to set a smile on your face, is the saucy teriyaki ginger pork and veggies. To finish it off, we may not have glitter but a sprinkle of crispy shallots is just as great!

Pantry items

Olive Oil, Soy Sauce, Brown Sugar, Sesame Oil

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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
onion	½	1
broccoli florets	1 medium packet	1 large packet
teriyaki sauce	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
ginger paste	1 medium packet	1 large packet
brown sugar*	1 tbs	1 tbs
sesame oil*	4 tsp	1 ½ tbs
water*	2 tbs	¼ cup
egg noodles	2 packets	4 packets
pork mince	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
crispy shallots	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2528kJ (604Cal)	556kJ (132Cal)
Protein (g)	35.6g	7.8g
Fat, total (g)	25.3g	5.6g
- saturated (g)	8.8g	1.9g
Carbohydrate (g)	59.4g	13.1g
- sugars (g)	19.2g	4.2g
Sodium (mg)	1445mg	318mg
Dietary Fibre (g)	13.3g	2.9g

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 **capsicum** into strips. Thinly slice **onion (see ingredients)** into wedges. Halve any thicker **broccoli florets** lengthways.
- In a small bowl, combine **teriyaki sauce**, the **soy sauce**, **ginger paste**, **brown sugar**, **sesame oil** and **water**.

Little cooks: Kids can help combine the ingredients for the sauce.



Finish the noodles

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **pork mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Add **sweet soy seasoning** and cook until fragrant, **1 minute**.
- Remove pan from heat, then add **teriyaki sauce mixture**, **cooked veggies** and **egg noodles**, stirring to combine.

TIP: Add a splash of water if the sauce looks too thick.



Cook the veggies & noodles

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **capsicum**, **onion** and **broccoli**, tossing, until tender, **6-7 minutes**. Transfer to a bowl.
- Meanwhile, half-fill a medium saucepan with **boiling water**. Cook **egg noodles** over medium-high heat, stirring occasionally with a fork to separate, until tender, **4-5 minutes**.
- Drain, rinse and set aside.



Serve up

- Divide teriyaki pork and veggie noodles between bowls.
- Top with **crispy shallots** to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the shallots!


We're here to help!


Scan here if you have any questions or concerns

2024 | CW48



**CUSTOM
OPTIONS**

 **SWAP TO BEEF MINCE**
Follow method above.

 **SWAP TO BEEF & 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.

