

# Katsu Pork & Broccoli Egg Noodles

with Corianer & Crushed Peanuts

FEEL-GOOD TAKEAWAY

Grab your meal kit with this number







Baby Broccoli

Broccoli



Egg Noodles







Sweet Soy Seasoning

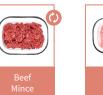


Coconut Milk

Crushed Peanuts



Coriander





#### **Recipe Update**

We've replaced the green beans in this recipe with baby broccoli 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



You'll be off to visit your happy place when you get a taste of this dish. Pork mince is tossed in katsu paste and mellowed out with coconut milk to create a perfectly balanced dish, with egg noodles to help slurp up all that sauce!



Katsu Paste







**Pantry items** Olive Oil, 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

Medium saucepan · Large frying pan

# Ingredients

-		
	2 People	4 People
olive oil*	refer to method	refer to method
baby broccoli	1 bunch	2 bunches
broccoli	1 head	2 heads
egg noodles	1 packet	2 packets
pork mince	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
katsu paste	1 medium packet	1 large packet
coconut milk	1 medium packet	2 medium packets
soy sauce*	1 tsp	2 tsp
water*	1⁄4 cup	½ cup
crushed peanuts	1 packet	2 packets
coriander	1 packet	1 packet
**		

\*Pantry Items

#### Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3049kJ (728Cal)	579kJ (138Cal)
Protein (g)	45.7g	8.7g
Fat, total (g)	43.8g	8.3g
- saturated (g)	21.8g	4.1g
Carbohydrate (g)	63.1g	12g
- sugars (g)	9.1g	1.7g
Sodium (mg)	1655mg	314mg
Dietary Fibre (g)	16.1g	3.1g

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.
- Trim baby broccoli. Halve any thicker stalks of baby broccoli lengthways.
- · Chop broccoli (including stalk!) into small florets.
- 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.



#### Finish the sauce

- Reduce heat to medium, add katsu paste, coconut milk, the soy sauce and water and simmer, until slightly reduced, 2-3 minutes.
- Remove pan from heat, add the egg noodles and stir to combine. Season with salt and pepper.

# Serve up

- Divide katsu pork and broccoli egg noodles between bowls.
- Garnish with crushed peanuts and tear over coriander to serve. Enjoy!



# Start the sauce

- Meanwhile, heat a large frying pan over high heat with a drizzle of **olive oil**.
- Cook pork mince, baby broccoli and broccoli, breaking up mince with a spoon, until just browned, 5-6 minutes.
- Add sweet soy seasoning and cook, until fragrant, 1 minute.





**SWAP TO BEEF MINCE**  $(\mathcal{O})$ Follow method above.

**DOUBLE PORK MINCE** Follow method above, cooking 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.

