



# Asian Pork & Veggie Noodles

with Capsicum & Broccoli

HELLOHERO

KID FRIENDLY

Grab your meal kit with this number

18



Capsicum



Onion



Oyster Sauce



Ginger Paste



Broccoli Florets



Egg Noodles



Pork Mince



Sweet Soy Seasoning



Crispy Shallots



Beef & Pork Mince



Beef Mince

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

Protein Rich

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 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

Large frying pan · Medium saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
capsicum	1	2
onion	½	1
oyster sauce	½ large packet	1 large packet
ginger paste	1 medium packet	1 large packet
<b>soy sauce*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	1 tbs	1 tbs
<b>sesame oil*</b>	4 tsp	1 ½ tbs
<b>water*</b>	2 tbs	¼ cup
broccoli florets	1 medium packet	1 large packet
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
crispy shallots	1 medium sachet	1 large sachet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3083kJ (736Cal)	557kJ (133Cal)
Protein (g)	41g	7.4g
Fat, total (g)	25.1g	4.5g
- saturated (g)	7.7g	1.4g
Carbohydrate (g)	85g	15.3g
- sugars (g)	24.8g	4.5g
Sodium (mg)	1991mg	359mg
Dietary Fibre (g)	16.4g	3g

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.

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW06



## Get prepped

- Boil the kettle.
- Thinly slice **capsicum** into strips. Thinly slice **onion** (see ingredients) into wedges.
- In a small bowl, combine **oyster sauce** (see ingredients), **ginger paste**, the **soy sauce**, **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 **oyster 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 florets**, 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.



## Finish & serve

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

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

### CUSTOM OPTIONS



**SWAP TO BEEF & PORK MINCE**

Follow method above.



**SWAP TO BEEF 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.

