



Sticky Chinese-Style Pork Noodles

with Greens & Crispy Shallots

MONTHLY SPECIAL

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Carrot



Courgette



Asian Greens



Plum Sauce



Oyster Sauce



Pork Mince



Sweet Soy Seasoning



Udon Noodles



Crispy Shallots



Pork Loin Steaks

Recipe Update

Unfortunately, this week's baby broccoli was in short supply, so we've replaced it with courgette. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 15-25 mins
Ready in: 20-30 mins

Calorie Smart

Add colourful veggies to a quick noodle stir-fry for maximum flavour. With a scattering of tasty crispy shallots and the addition of oyster sauce to bring the meal together, this dinner is oodles of fun!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Soy Sauce, Sesame Oil

Before you start

Wash your hands and any fresh food

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
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	1	2
courgette	1	2
Asian greens	1 bunch	2 bunches
plum sauce	1 medium packet	2 medium packets
oyster sauce	1 medium packet	1 large packet
soy sauce*	½ tbs	1 tbs
sesame oil*	½ tbs	1 tbs
water*	¼ cup	½ cup
pork mince	1 packet	1 packet
sweet soy seasoning	1 sachet	2 sachets
udon noodles	1 packet	2 packets
crispy shallots	1 packet	1 packet
pork loin steaks**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2587kJ (618Cal)	471kJ (113Cal)
Protein (g)	38.1g	6.9g
Fat, total (g)	18.4g	3.3g
- saturated (g)	7.2g	1.3g
Carbohydrate (g)	68.8g	12.5g
- sugars (g)	24.3g	4.4g
Sodium (mg)	2213mg	403mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2380kJ (569Cal)	414kJ (99Cal)
Protein (g)	49.2g	8.6g
Fat, total (g)	7.7g	1.3g
- saturated (g)	3g	0.5g
Carbohydrate (g)	68.8g	12g
- sugars (g)	24.3g	4.2g
Sodium (mg)	2214mg	385mg

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.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW21



1



Get prepped

- Boil the kettle. Finely chop **garlic**. Thinly slice **carrot** and **courgette** into half-moons. Roughly chop **Asian greens**.
- In a small bowl, combine **plum sauce**, **oyster sauce**, the **soy sauce**, **sesame oil** and the **water**.

Little cooks: Take the lead by combining the sauces!

3



Cook the noodles

- While the pork is cooking, 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.
- Reduce the frying pan heat to medium, then add **plum-oyster sauce mixture**, **cooked veggies** and **udon noodles** to the **pork**. Cook, stirring to combine, **1-2 minutes**.

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

2



Cook the veggies & pork

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot**, **courgette** and **Asian greens** until tender, **5-6 minutes**. Transfer to a medium bowl.
- Return the frying 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 **sweet soy seasoning** and cook until fragrant, **1 minute**.

Custom Recipe: If you've upgraded to pork loin steak, return frying pan to medium-high heat with a drizzle of olive oil. When oil is hot, cook pork until cooked through, 3-4 minutes each side. Add garlic and sweet soy seasoning as above. Transfer to a plate, cover and rest for 5 minutes.

4



Serve up

- Divide sticky Chinese-style pork noodles between bowls.
- Top with **crispy shallots** to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the crispy shallots.

Custom Recipe: Slice pork to serve.

Rate your recipe

Did we make your tastebuds happy?

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