



SWEET SOY PORK NOODLES

with Asian Greens & Crispy Shallots



Balance ginger with the sweetness of honey



Ginger



Garlic



Red Capsicum



Asian Greens



Green Beans



Oyster Sauce



Udon Noodles



Pork Mince



Lime



Crispy Shallots



Hands-on: 30 mins

Ready in: 35 mins

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

Pantry Staples: Olive Oil, Soy Sauce, Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
• **medium saucepan** • **large frying pan** or **wok**



1 GET PREPPED

Bring a medium saucepan of water to the boil. Finely grate the **ginger**. Finely grate the **garlic** (or use a garlic press). Thinly slice the **red capsicum**. Trim the **green beans** then chop into thirds. Roughly chop the **Asian greens**. In a small bowl, combine the **oyster sauce**, **soy sauce** and **honey** and set aside.



2 COOK THE NOODLES

Add the **udon noodles** to the saucepan of boiling water and cook until just tender, **8-10 minutes**. Drain and refresh under cold water.



3 COOK THE PORK MINCE

While the noodles are cooking, heat a **drizzle of olive oil** in a large frying pan or wok over a high heat. Add the **pork mince** and **ginger** and cook, breaking up with a wooden spoon, until browned, **4-5 minutes**. Add the **garlic** and a **pinch of salt** and cook until fragrant, **1-2 minutes**. Transfer to a bowl.



4 COOK THE VEGGIES

Return the large frying pan or wok to a high heat and add a **drizzle of olive oil**. Add the **capsicum** and **green beans** and cook until softened, **3-4 minutes**.

TIP: Add a splash of water to the veg to help them cook evenly! Add the **Asian greens** and stir through until wilted, **1 minute**. Add the **oyster sauce mixture** and stir through until well coated. Add the **pork** and **udon noodles** to the pan. Toss to coat and heat through.



5 PREPARE THE LIME

While the veggies are cooking, slice the **lime** into wedges.



6 SERVE UP

Divide the sweet soy pork noodles between bowls. Sprinkle the adult portions with the **crispy shallots**. Serve with the lime wedges.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
ginger	1 knob
garlic	3 cloves
red capsicum	1
green beans	1 bag (200 g)
Asian greens	2 bunches
oyster sauce	1 tub (100 g)
soy sauce*	2½ tbs
honey*	2 tbs
udon noodles	1 packet
pork mince	1 packet
lime	1
crispy shallots	1 packet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2540kJ (607Cal)	612kJ (146Cal)
Protein (g)	40.1g	9.7g
Fat, total (g)	17.1g	4.1g
- saturated (g)	5.4g	1.3g
Carbohydrate (g)	69.7g	16.8g
- sugars (g)	16.2g	3.9g
Sodium (g)	3100mg	746mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

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