



Teriyaki Pork Noodle Stir-fry with Roasted Aubergine

Rapid 20 Minutes • Medium Spice • 1 of your 5 a day

10



Aubergine



Chinese Five Spice



Bok Choy



Garlic



Spring Onion



Pork Mince



Egg Noodle Nest



Teriyaki Sauce

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Baking Tray, Saucepan, Garlic Press, Frying Pan, Wooden Spoon, Sieve, Measuring Jug, Bowl.

Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Chinese Five Spice	1 small pot	1 large pot	1 large pot
Bok Choy**	1	2	2
Garlic**	1 clove	2 cloves	2 cloves
Spring Onion**	1	2	2
Pork Mince**	240g	360g	480g
Egg Noodle Nest			
8) 13)	2 nests	3 nests	4 nests
Teriyaki Sauce 11)	100g	150g	200g
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	468g	100g
Energy (kJ/kcal)	2464 /589	527 /126
Fat (g)	18	4
Sat. Fat (g)	6	1
Carbohydrate (g)	72	15
Sugars (g)	24	5
Protein (g)	34	7
Salt (g)	3.33	0.71

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

8) Egg 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Roast the Aubergines

- Preheat your oven to 200°C.
- Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 1cm pieces.
- Pop the **aubergine pieces** onto a large baking tray. Drizzle with **oil**, sprinkle over the **Chinese Five spice** and season with **salt** and **pepper**. Toss to coat, then arrange in a single layer. Roast the **aubergine** on the top shelf until golden brown and soft, 18-20 mins, turning halfway through.



Cook the Noodles

- Meanwhile, once the pan of **water** is boiling, add the **noodles** and cook until tender, 4 minutes. Once cooked, drain in a sieve. **TIP: Run the noodles under cold water to stop them sticking together.**
- Set aside.



Finish the Prep

- Bring a large pan of **water** to the boil with ¼ tsp **salt** for the **noodles**.
- Trim the **bok choy** then thinly slice widthways.
- Peel and grate the **garlic** (or use a garlic press). Trim and thinly slice the **spring onions**



Combine

- Stir the **bok choy** and **garlic** into the **pork mince**, stir-fry until just soft, 1-2 mins.
- Stir in the **teriyaki sauce** and **water** (see ingredients for amount), ensuring everything is well coated.
- Add the **noodles** to the **teriyaki mixture**. Stir together and cook until everything is piping hot, 1-2 mins.
- Taste and add **salt** and **pepper** if you feel it needs it. **Tip: Add a splash more water if the noodles look a little dry.**



Start the Stir-fry

- Heat a drizzle of **oil** in a frying pan or wok on high heat.
- When the **oil** is hot, add the **pork mince** and fry, breaking it up with a spoon as it cooks, until browned, 5-6 mins. **IMPORTANT: The mince is cooked when no longer pink in the middle. TIP: Drain off any excess fat if necessary.**



Serve

- Serve the **noodles** in bowls.
 - Top with the **roasted aubergine** and **spring onion** sprinkled on top.
- Enjoy!**

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.