



Teriyaki Pork Noodle Stir-Fry with Mushrooms

Calorie Smart 20 Minutes • 1 of your 5 a day • Under 600 calories



Bok Choy



Garlic Clove



Spring Onion



Sliced Mushrooms



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:

Saucepan, Cutting Board, Knife, Garlic Press, Frying Pan and Bowl.

Ingredients

	2P	3P	4P
Bok Choy**	1	2	2
Garlic Clove	1	2	2
Spring Onion**	1	2	2
Sliced Mushrooms**	120g	180g	240g
Pork Mince**	240g	360g	480g
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Teriyaki Sauce 11)	150g	225g	300g
Water*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	393g	100g
Energy (kJ/kcal)	1856 /444	473 /113
Fat (g)	17	4
Sat. Fat (g)	6	2
Carbohydrate (g)	43	11
Sugars (g)	25	6
Protein (g)	28	7
Salt (g)	3.69	0.94

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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HelloFresh UK

Packed in the UK

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Get Prepped

a) Bring a large pan of **water** to the boil with ¼ tsp **salt** for the **noodles**.

b) Trim the **bok choy** then thinly slice widthways.

c) Peel and grate the **garlic** (or use a garlic press). Trim and thinly slice the **spring onion**.



Cook the Mushrooms

a) Heat a drizzle of **oil** in a large frying pan on medium-high heat.

b) Once the **oil** is hot, add the **mushrooms** and stir-fry until starting to brown, 3-4 mins.



Cook the Pork

a) Add the **pork mince** to the **mushrooms** and cook until browned, 5-6 mins. Use a wooden spoon to break it up as it cooks. **IMPORTANT:** Wash your hands after handling raw meat. The mince is cooked when no longer pink in the middle. **TIP:** Drain off any excess fat if necessary.



Cook the Noodles

a) Once the pan of **water** is boiling, add the **noodles** and cook until tender, 4 minutes.

b) Once cooked, drain in a sieve. **TIP:** Run the noodles under cold water to stop them sticking together.

c) Set aside.



Combine

a) Stir the **bok choy** and **garlic** into the **pork mince**, stir-fry until just soft, 1-2 mins.

b) Stir in the **teriyaki sauce** and **water** (see ingredients for amount), ensuring everything is well coated.

c) Add the **noodles** to the **teriyaki mixture**. Stir together and cook until everything is piping hot, 1-2 mins.

d) 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.



Serve

a) Serve the **noodles** in bowls.

b) Scatter the **spring onion** 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.