



Teriyaki Pork Stir-Fry with Noodles, Pak Choi and Mushrooms

Rapid 20 Minutes • 1 of your 5 a day

14



Pak Choi



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!
Wash your hands before and after prep.

Cooking tools

Saucepan, garlic press, frying pan, sieve and bowl.

Ingredients

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

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 393g | 100g |
| Energy (kJ/kcal) | 2565/613 | 654/156 |
| Fat (g) | 18 | 5 |
| Sat. Fat (g) | 6 | 2 |
| Carbohydrate (g) | 78 | 20 |
| Sugars (g) | 27 | 7 |
| Protein (g) | 34 | 9 |
| Salt (g) | 5.00 | 1.27 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

8) Egg 11) Soya 13) Gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepped

- Bring a large saucepan of **water** to the boil with $\frac{1}{4}$ **tsp salt** for the **noodles**.
- Trim the **pak choi**, then thinly slice widthways.
- Peel and grate the **garlic** (or use a garlic press).
- Trim and thinly slice the **spring onion**.



Bring on the Noodles

- Once the pan of **water** is boiling, add the **noodles** and bring back to the boil. Cook until tender, 4 mins.
- Once cooked, drain in a sieve. **TIP:** Run the noodles under cold water to stop them sticking together. Set aside.



Fry the Pork

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **pork mince** and cook until browned, 5-6 mins.
- Use a spoon to break it up as it cooks, then drain and discard any excess fat. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.



Combine and Stir

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



Add the Mushrooms

- Add the **mushrooms** to the **pork** and stir-fry until starting to brown, 3-4 mins.



Serve

- When everything is ready, serve the **teriyaki pork noodles** in bowls.
- Scatter the **spring onion** on top.

Enjoy!