



# Pork & Veggie Mie Goreng

with Fried Egg & Crispy Shallots

CUSTOMER FAVOURITE

KID FRIENDLY

Grab your Meal Kit with this symbol



Egg Noodles



Broccoli



Carrot



Long Chilli (Optional)



Oyster Sauce



Kecap Manis



Chicken-Style Stock Powder



Pork Mince



Crispy Shallots



Beef Mince

Prep in: 20-30 mins  
Ready in: 30-40 mins

Mie Goreng, meaning 'fried noodles', is a much-loved Indonesian street speciality that has become a favourite in homes worldwide. Our version includes pork mince and it delivers the perfect ratio of sweet to salty flavours making this a truly delicious mid-week dinner.

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

### Pantry items

Olive Oil, Soy Sauce, Rice Wine Vinegar, Eggs



## 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

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
egg noodles	1 medium packet	2 medium packets
broccoli	1 head	2 heads
carrot	1	2
long chilli  (optional)	½	1
oyster sauce	1 medium packet	1 large packet
kecap manis	1 packet	2 packets
chicken-style stock powder	1 medium sachet	1 large sachet
<b>soy sauce*</b>	½ tbs	1 tbs
<b>rice wine vinegar*</b>	½ tbs	1 tbs
<b>eggs*</b>	2	4
pork mince	1 small packet	1 medium packet
crispy shallots	1 medium packet	1 large packet
beef mince**	1 small packet	1 medium packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3385kJ (809Cal)	572kJ (137Cal)
Protein (g)	49.3g	8.3g
Fat, total (g)	23.9g	4g
- saturated (g)	8.7g	1.5g
Carbohydrate (g)	105.9g	17.9g
- sugars (g)	41.3g	7g
Sodium (mg)	3436mg	581mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3410kJ (815Cal)	576kJ (138Cal)
Protein (g)	52.7g	8.9g
Fat, total (g)	23g	3.9g
- saturated (g)	9.1g	1.5g
Carbohydrate (g)	105.9g	17.9g
- sugars (g)	41.3g	7g
Sodium (mg)	3438mg	581mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/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



## Cook the noodles

- Boil the kettle.
- Half-fill a medium saucepan with the boiled water. Add **egg noodles** and cook over medium-high heat, stirring occasionally with a fork to separate, until tender, **4-5 minutes**.
- Drain, rinse and set aside.



## Cook the eggs

- Return frying pan to high heat with a generous drizzle of **olive oil**.
- When oil is hot, crack the **eggs** into the pan. Cook until egg whites are firm and yolks are cooked to liking, **4-5 minutes**.
- Transfer to a plate and cover to keep warm.



## Get prepped

- While the noodles are cooking, chop **broccoli** (including stalk!) into small florets. Thinly slice **carrot** into half-moons. Thinly slice **long chilli** (if using). Set aside.
- In a small bowl, combine **oyster sauce**, **kecap manis**, **chicken-style stock powder**, the **soy sauce**, the **rice wine vinegar** and a splash of **water**.



## Bring it all together

- Return 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 **cooked noodles** and **veggies** to pan, then add **sauce mixture**, tossing until combined, **1 minute**.
- Season with **pepper**.

**Custom Recipe:** If you've swapped to beef mince, cook beef mince as above, breaking up with a spoon, until just browned, 3-4 minutes. Continue step as above, draining oil from pan before adding noodles for best results.



## Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **broccoli** and **carrot**, tossing, until tender, **6-8 minutes**.
- Transfer to a bowl. Season to taste.

**TIP:** Add a dash of water to help speed up the cooking process.



## Serve up

- Divide pork and veggie mie goreng between bowls.
- Top each bowl with a fried egg, **crispy shallots** and **chilli** to serve. Enjoy!

## Rate your recipe

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