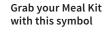


# Pork & Veggie Mie Goreng with Fried Egg & Crispy Shallots

CUSTOMER FAVOURITE

KID FRIENDLY









Egg Noodles



Carrot

Long Chilli (Optional)





**Oyster Sauce** 



Chicken-Style Stock Powder



**Kecap Manis** 

Pork Mince



Crispy Shallots





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.

Olive Oil, Soy Sauce, Rice Wine Vinegar,

### 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

9			
	2 People	4 People	
olive oil*	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)	1/2	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	
soy sauce*	½ tbs	1 tbs	
rice wine vinegar*	½ tbs	1 tbs	
eggs*	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	

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Per Serving	Per 100g
3385kJ (809Cal)	572kJ (137Cal)
49.3g	8.3g
23.9g	4g
8.7g	1.5g
105.9g	17.9g
41.3g	7g
3436mg	581mg
	3385kJ (809Cal) 49.3g 23.9g 8.7g 105.9g 41.3g

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	<b>3410kJ</b> (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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.





### Cook the noodles

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



# 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.



# 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.



# 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.



# 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.



# Serve up

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



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate

