



Pork & Veggie Mie Goreng

with Fried Egg & Crushed Peanuts

TAKEAWAY FAVES

BESTSELLER

Grab your Meal Kit with this symbol



Egg Noodles



Broccoli



Carrot



Long Chilli (Optional)



Oyster Sauce



Kecap Manis



Chicken-Style Stock Powder



Pork Mince



Crushed Peanuts



Beef Mince

Recipe Update

Unfortunately, this week's crispy shallots were in short supply, so we've replaced them with crushed peanuts. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

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, Vinegar (Rice Wine or White Wine), 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
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)	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
soy sauce*	½ tbs	1 tbs
vinegar* (rice wine or white wine)	½ tbs	1 tbs
eggs*	2	4
pork mince	1 small packet	2 small packets OR 1 large packet
crushed peanuts	1 medium packet	1 large packet
beef mince**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3380kJ (808Cal)	571kJ (136Cal)
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)	3406kJ (814Cal)	575kJ (137Cal)
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.

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 your 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 **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, **crushed peanuts** and **chilli** to serve. Enjoy!

Rate your recipe

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