



# Sticky Chinese-Style Pork Udon Noodles

with Baby Broccoli, Green Beans and Crispy Shallots

NEW

KID FRIENDLY



Grab your Meal Kit with this symbol



Garlic



Carrot



Green Beans



Baby Broccoli



Plum Sauce



Sesame Oil Blend



Udon Noodles



Pork Mince



Sweet Soy Seasoning



Crispy Shallots



Beef Mince

Prep in: 15-25 mins  
Ready in: 20-30 mins

Calorie Smart

Colourful veggies and flavourful pork combine for a fuss-free stir-fry packed with personality. Don't forget a scattering of tasty crispy shallots for that unique crunch!

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

**Pantry items**  
Olive Oil, Soy Sauce

## 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
garlic	2 cloves	4 cloves
carrot	1	2
green beans	1 medium bag	2 medium bags
baby broccoli	1 bunch	2 bunches
plum sauce	1 packet	2 packets
<b>soy sauce*</b>	1 tbs	2 tbs
sesame oil blend	½ packet	1 packet
<b>water*</b>	2 tbs	¼ cup
udon noodles	1 packet	2 packets
pork mince	1 small packet	2 small packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
crispy shallots	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)	2691kJ (643Cal)	484kJ (116Cal)
Protein (g)	39.9g	7.2g
Fat, total (g)	22.7g	4.1g
- saturated (g)	8g	1.4g
Carbohydrate (g)	73.7g	13.3g
- sugars (g)	11.9g	2.1g
Sodium (mg)	1657mg	298mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2718kJ (650Cal)	489kJ (117Cal)
Protein (g)	43.4g	7.8g
Fat, total (g)	21.8g	3.9g
- saturated (g)	8.5g	1.5g
Carbohydrate (g)	73.7g	13.3g
- sugars (g)	11.9g	2.1g
Sodium (mg)	1658mg	298mg

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



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## Get prepped

- Boil the kettle.
- Finely chop **garlic**. Thinly slice **carrot** into half-moons. Trim **green beans** and cut into thirds. Trim **baby broccoli** and chop into thirds.
- In a small bowl, combine **plum sauce**, the **soy sauce**, **sesame oil blend** (**see ingredients**) and the **water**.

**Little cooks:** Take the lead by combining the sauces!

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## Cook the veggies & pork

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **carrot**, **green beans** and **baby broccoli**, tossing occasionally, until tender, **5-6 minutes**. Transfer to a bowl.
- Return frying pan to high heat with a drizzle of **olive oil**. Cook **pork mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Stir in **garlic** and **sweet soy seasoning** until fragrant, **1 minute**.
- Add **sauce mixture**, **cooked veggies** and **noodles** to the pork, tossing to combine, **1 minute**.

**TIP:** Add a splash of water if the sauce looks too thick.

**Custom Recipe:** If you've swapped to beef mince, cook beef mince in the same way as pork mince. Drain oil from pan before adding the garlic.

2



## Cook the noodles

- Half-fill a medium saucepan with boiling water.
- Cook **udon noodles** over medium-high heat until tender, **3-4 minutes**.
- In the **last minute** of cook time, gently stir **noodles** with a fork to separate.
- Drain, rinse and set aside.

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## Serve up

- Divide sticky Chinese-style pork noodles between bowls.
- Top with **crispy shallots** to serve. Enjoy!

**Little cooks:** Add the finishing touch by sprinkling over the crispy shallots.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)