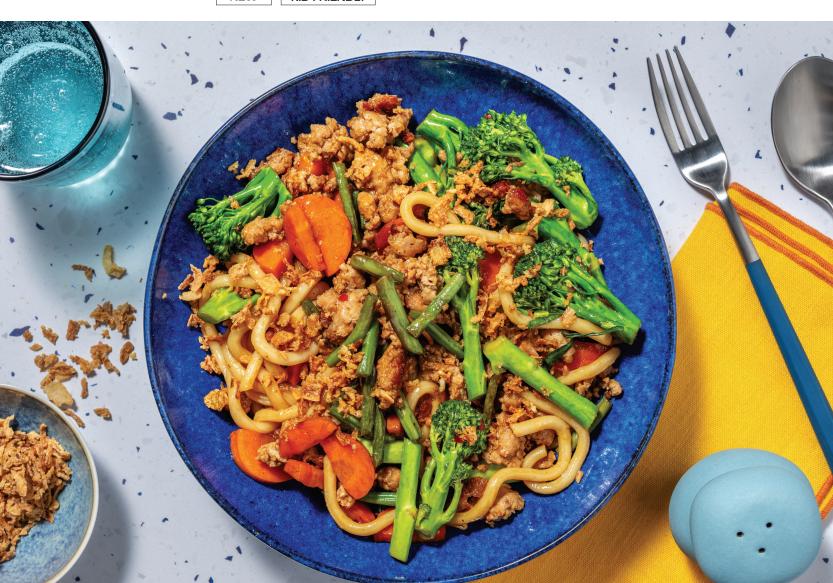


Sticky Chinese-Style Pork Udon Noodles with Baby Broccoli, Green Beans and Crispy Shallots

KID FRIENDLY



Grab your Meal Kit with this symbol













Green Beans





Sesame Oil

Blend

Plum Sauce

Udon Noodles





Seasoning

Crispy Shallots



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

Colourful veggies and flavourful pork combine for a fuss-free stir-fry packed with personality. Don't forget a scattering of



Calorie Smart

tasty crispy shallots for that unique crunch!

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

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	2 People	4 People		
olive oil*	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		
soy sauce*	1 tbs	2 tbs		
sesame oil blend	½ packet	1 packet		
water*	2 tbs	1/4 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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Scan here if you have any questions or concerns





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!



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.



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.



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.

