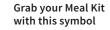


Pork & Veggie Mie Goreng with Fried Egg & Crispy Shallots

TAKEAWAY FAVES









Udon Noodles





Carrot







Oyster Sauce

Kecap Manis





Pork Mince

Chicken-Style Stock Powder



Crispy Shallots





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.

Pantry items

Olive Oil, Soy Sauce, Vinegar (White or Rice 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

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^{*}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 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. Cook **udon noodles** over medium-high heat, until tender, **3-5 minutes**.
- In the last minute of cook time, gently stir **noodles** with a fork to separate.
- · Drain, rinse and set aside.



Get prepped

- While the noodles are cooking, slice capsicum into strips. 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.



Cook the veggies

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



Cook the egg & pork

- Return frying pan to medium-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.



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!



We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate