



Sticky Chinese-Style Pork Noodles

with Asian Greens & Crispy Shallots

KID FRIENDLY



Grab your Meal Kit with this symbol



Garlic



Carrot



Broccoli



Asian Greens



Spring Onion



Char Siu Paste



Oyster Sauce



Pork Mince



Udon Noodles



Beef Mince

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



Calorie Smart*

*Custom Recipe is not Calorie Smart

Add colourful veggies and pork to a quick noodle stir-fry for maximum flavour. With a scattering of tasty crispy shallots and the addition of oyster sauce to bring the meal together, this dinner is oodles of fun!

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

Pantry items

Olive Oil, Soy Sauce, Sesame Oil, White 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

Large frying pan · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	1	2
broccoli	½ head	1 head
Asian greens	1 packet	2 packets
spring onion	1 stem	2 stems
char siu paste	1 medium packet	2 medium packets
oyster sauce	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
sesame oil*	½ tbs	1 tbs
white wine vinegar*	½ tbs	1 tbs
pork mince	1 medium packet	2 medium packets OR 1 large packet
udon noodles	1 packet	2 packets
beef mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2648kJ (633Cal)	457kJ (109Cal)
Protein (g)	40.1g	6.9g
Fat, total (g)	21.6g	3.7g
- saturated (g)	6.5g	1.1g
Carbohydrate (g)	63g	10.9g
- sugars (g)	23.6g	4.1g
Sodium (mg)	2246mg	387mg
Dietary Fibre (g)	10.7g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2939kJ (702Cal)	507kJ (121Cal)
Protein (g)	44.3g	7.6g
Fat, total (g)	26.1g	4.5g
- saturated (g)	9.4g	1.6g
Carbohydrate (g)	63g	10.9g
- sugars (g)	23.6g	4.1g
Sodium (mg)	2225mg	384mg
Dietary fibre	10.7g	1.8g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/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

2024 | CW17



Get prepped

- Boil the kettle. Finely chop **garlic**. Thinly slice **carrot** into half-moons. Cut **broccoli (see ingredients)** into small florets, then roughly chop stalk. Roughly chop **Asian greens**. Thinly slice **spring onion**.
- In a small bowl, combine **char siu paste**, **oyster sauce**, the **soy sauce**, **sesame oil**, **vinegar** and a dash of **water**. Set aside.

Little cooks: Take the lead by combining the sauces!



Finish the noodles

- While the pork is cooking, 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.
- Reduce the frying pan heat to medium, then add **char siu-oyster mixture**, cooked **veggies** and **noodles** to the **pork**. Stir to combine, **1-2 minutes**.

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



Cook the veggies & pork

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot**, **broccoli** and **Asian greens** until tender, **5-6 minutes**. Transfer to a medium bowl.
- Return the 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**.
- Add **garlic** and cook until fragrant, **1 minute**.

Custom Recipe: If you've swapped to beef mince, cook beef mince in the same way as the pork mince.



Serve up

- Divide sticky Chinese-style pork noodles between bowls.
- Top with spring onion to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the spring onion.

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate