

Sticky Chinese-Style Pork Noodles

with Broccoli & Fresh Chilli

POPULAR PICKS

KID FRIENDLY

Grab your meal kit with this number

53



Garlic



Carrot



Broccoli



Asian Greens



Spring Onion



Fresh Chilli (Optional)



Char Siu Paste



Oyster Sauce



Pork Mince



Sweet Soy Seasoning



Udon Noodles



Pork Mince



Pork Loin Steaks

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

 Calorie Smart

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

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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	1 head	2 heads
Asian greens	1 packet	2 packets
spring onion	1 stem	2 stems
fresh chilli (optional)	½	1
char siu paste	1 medium packet	2 medium packets
oyster sauce	1 medium packet	1 large packet
soy sauce*	½ tbsp	1 tbsp
sesame oil*	½ tbsp	1 tbsp
pork mince	250g	500g
sweet soy seasoning	1 sachet	2 sachets
udon noodles	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2700kJ (646Cal)	433kJ (104Cal)
Protein (g)	39.5g	6.3g
Fat, total (g)	23.5g	3.8g
- saturated (g)	6.9g	1.1g
Carbohydrate (g)	65.5g	10.5g
- sugars (g)	31.8g	5.1g
Sodium (mg)	2900mg	465g
Dietary Fibre (g)	16.1g	2.6g

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.



Get prepped

- Boil the kettle. Finely chop **garlic**. Thinly slice **carrot** into half-moons.
- Cut **broccoli** into small florets, then roughly chop stalk.
- Roughly chop **Asian greens**.
- Thinly slice **spring onion** and **fresh chilli** (if using).
- In a small bowl, combine **char siu paste**, **oyster sauce**, the **soy sauce**, **sesame oil** 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.
- To the pan with pork, reduce heat to medium, then add **char siu-oyster mixture**, **cooked veggies** and **noodles**. 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 **sweet soy seasoning** and cook until fragrant, **1 minute**.



Finish & serve

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

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

We're here to help!

Scan here if you have any questions or concerns

2026 | CW08



CUSTOM
OPTIONS

+ PORK MINCE:
Follow method above.

🔄 PORK LOIN STEAKS:
Thinly slice into strips. Cook, tossing, for 2-3 minutes.
Continue with recipe.

SCAN CODE FOR
FULL STEPS AND
NUTRITION INFO

