



# Teriyaki Pork Stir-fry with mushrooms and pak choi

Family Quick Cook 20-25 mins

3



Pork Mince



Pak Choi



Garlic



Scallion



Mushrooms



Udon Noodles



Teriyaki Sauce



Soy Sauce

Pantry Items: Water, Salt, Oil, Pepper

## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Grater, colander

## Ingredients

	2P	4P
Pork Mince	250 g	500 g
Pak Choi	1 unit	2 units
Garlic	1 unit	2 units
Scallion	2 units	4 units
Mushrooms	150 g	250 g
Udon Noodles	300 g	600 g
Teriyaki Sauce	1 sachet	2 sachets
Soy Sauce	2 sachets	4 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	495 g	100 g
Energy (kJ/kcal)	2347.2 kJ/ 561 kcal	474.2 kJ/ 113.3 kcal
Fat (g)	18.1 g	3.7 g
Sat. Fat (g)	5.6 g	1.1 g
Carbohydrate (g)	61.8 g	12.5 g
Sugars (g)	13.8 g	2.8 g
Protein (g)	37.3 g	7.5 g
Salt (g)	6.7 g	1.4 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

Thumbs up or thumbs down?  
Head online or use the app to rate this recipe.



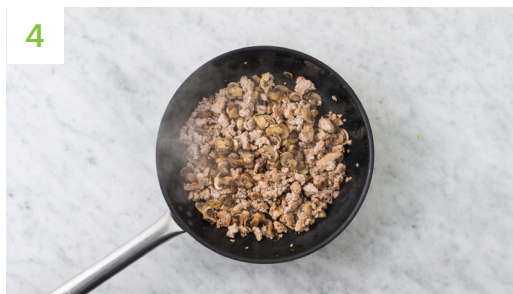
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## Get Prepped

- Boil a large pot of **salted water** for the **noodles**.
- Trim the **pak choi** then thinly slice widthways.
- Peel and grate the **garlic** (or use a garlic press).
- Trim and thinly slice the **scallions**.
- Thinly slice the **mushrooms**. Cut larger pieces so all are evenly sized.

**TIP:** If you're in a hurry you can boil the water in your kettle.



## Add the Mince

- Add the **pork mince** to the **mushrooms** and cook until browned, 5-6 mins.
- Use a spoon to break up the **pork** as it cooks. **IMPORTANT:** Wash hands and equipment after handling raw mince. Mince is cooked when no longer pink in the middle.



## Cook the Noodles

- Once the **water** is boiling, add the **noodles** and cook until warmed through, 1-2 mins.
- Once cooked, drain in a colander and pop back in the pot.
- Drizzle with **oil** and stir through to prevent sticking.



## Stir in the Sauce

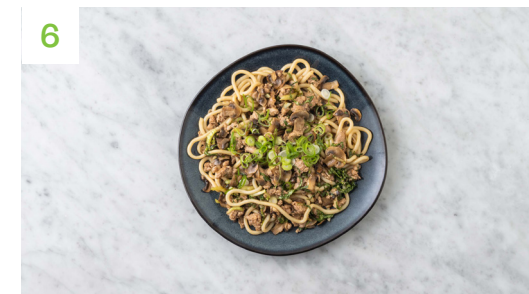
- Add the **pak choi** and **garlic** to the **pork mince**. Stir-fry until slightly softened, 1-2 mins.
- Stir in the **teriyaki sauce**, **soy sauce** and 100ml **water** (double for 4p).
- Season to taste with **salt** and **pepper**.
- Add the **noodles** to the **teriyaki** mixture. Stir together and cook until everything is piping hot, 1-2 mins.

**TIP:** Add a splash of water if the noodles look a little dry.



## Fry the Mushrooms

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once the **oil** is hot, add the **mushrooms** and stir-fry until starting to brown, 3-4 mins.



## Garnish and Serve

- When everything is ready, divide your **teriyaki pork noodles** between bowls.
- Scatter the sliced **scallion** over the top.

**Enjoy!**