HELLO FRESH

Soy and Scallion Pork Noodles
with pak choi and coriander

20 − 25 mins · Optional spice

Pork Mince

Udon Noodles

Garlic

Scallion

Soy Sauce

Onion

Chilli

Pak Choi

Ketjap Manis

Coriander

Pantry Items: Water, Salt, Oil, Pepper

Rate your recipe!

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

Ingredients

	2P	4P
Pork Mince	240 g	480 g
Udon Noodles	300 g	600 g
Garlic	2 units	4 units
Scallion	2 units	4 units
Soy Sauce	1 sachet	2 sachets
Onion	1 unit	2 units
Chilli	1 unit	2 units
Pak Choi	1 unit	2 units
Ketjap Manis	2 sachets	4 sachets
Coriander	5 g	10 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	440 g	100 g
Energy (kJ/kcal)	2195 kJ/ 525 kcal	499 kJ/ 119 kcal
Fat (g)	15.6 g	3.5 g
Sat. Fat (g)	5.3 g	1.2 g
Carbohydrate (g)	62.3 g	14.2 g
Sugars (g)	13.9 g	3.2 g
Protein (g)	33.5 g	7.6 g
Salt (g)	3.4 g	0.7 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.

1

Prep the Veg

- Halve, peel and thinly slice the **onion**.
- Peel and grate the **garlic** (or use a garlic press).
- Halve the **chilli** lengthways, deseed and finely chop.
- Trim and thinly slice the **scallion**.
- Trim the **pak choi** then chop widthways into small pieces.

2

Cook the Pork

- Place a large pan over high heat with a drizzle of **oil**.
- Once hot, fry the **pork mince** until browned, 5-6 mins. Break it up with a spoon as it cooks. **IMPORTANT:** Wash hands and equipment after handling raw meat. Pork is cooked when no longer pink in the middle.
- When the **pork** is cooked, add the **onion**, **garlic**, **scallion** and **chilli** (use less if you don't like spice).
- Cook until the veg is softened, 2-3 mins.
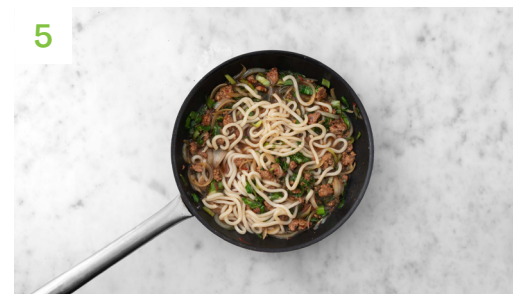
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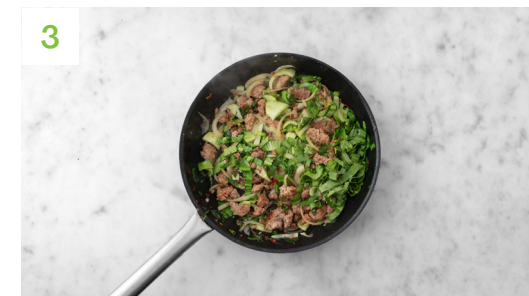
Soften the Pak Choi

- Add the **pak choi** to the pan.
- Stir-fry until just softened, 3-4 mins.
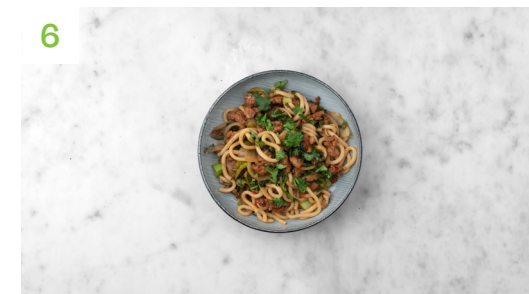
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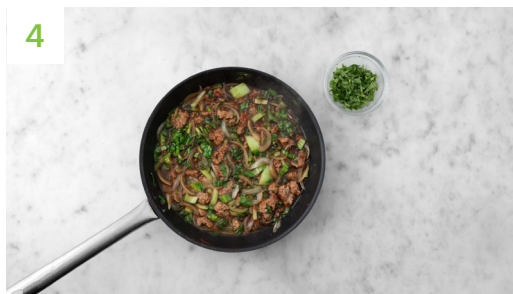
Make the Sauce

- Stir in the **ketjap manis** and **soy sauce** and allow to warm through.
- Season to taste with **salt** and **pepper**.
- Roughly chop the **coriander** (stalks and all).

TIP: *Add a splash of water if you feel the sauce is too thick.*

5

Coat the Noodles

- Carefully separate the **noodles** by hand and add them to the pan.
- Gently toss to coat in the sauce and warm through, 1-2 mins.

6

Serve and Enjoy

- Share the **noodles** between bowls.
- Garnish with the chopped **coriander**.

Enjoy!