



Pulled Pork Noodle Wok

with stir-fried veg

25 – 30 mins

16



Pulled Pork



Garlic



Courgette



Shallot



Bell Pepper



Egg Noodles



Ginger



Sweet Asian Sauce



Soy Sauce



Hoisin Sauce

Pantry Items: Oil, Salt, Pepper, Water



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

Aluminium foil, grater, oven dish, sieve

Ingredients

	2P	4P
Pulled Pork	300 g	600 g
Garlic	1 unit	2 units
Courgette	1 unit	2 units
Shallot	1 unit	2 units
Bell Pepper	1 unit	2 units
Egg Noodles	150 g	300 g
Ginger	1 unit	2 units
Sweet Asian Sauce	2 sachets	4 sachets
Soy Sauce	1 sachet	2 sachets
Hoisin Sauce	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	515 g	100 g
Energy (kJ/kcal)	2623.4 kJ/ 627 kcal	509.4 kJ/ 121.7 kcal
Fat (g)	12.8 g	2.5 g
Sat. Fat (g)	4.1 g	0.8 g
Carbohydrate (g)	87.3 g	17 g
Sugars (g)	27.5 g	5.3 g
Protein (g)	43.4 g	8.4 g
Salt (g)	4.6 g	0.9 g

Nutrition for uncooked ingredients based on 2 person recipe.

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.

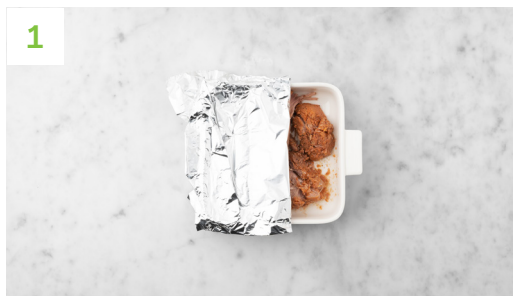
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Cook the Pork

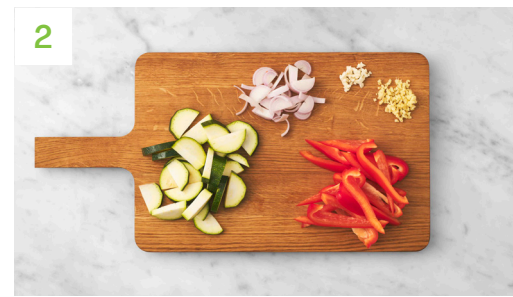
- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Pop the contents of the **pork** packaging into an oven dish.
- Cover with aluminium foil and cook for 25-30 mins. **IMPORTANT:** Ensure the pork is piping hot throughout.
- Boil a large pot of **salted water** for the **noodles**.

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



Cook the Noodles

- When the **water** is boiling, add the **noodles** and cook until softened, 4-6 mins.
- Drain in a sieve then return to the pot, off the heat.
- Drizzle with **oil** and toss to prevent sticking.



Get Prepped

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Peel and grate the **ginger** (use a teaspoon to easily scrape away the peel).
- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Trim the **courgette**, then halve lengthways. Slice widthways into ½ cm thick pieces.
- Halve, peel and thinly slice the **shallot**.



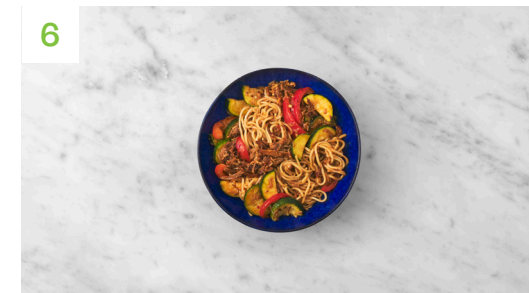
Coat the Pork

- When the **pork** is ready, pour the excess liquid from the oven dish into a bowl.
- Use two forks to shred the **pork** while still in the oven dish.
- Add the **pork**, 2 tbsp of the reserved **pork** cooking liquid (per 2P), **ginger** and **garlic** to the pan.
- Cook for 1-2 mins more. Season to taste with **pepper**.
- Remove the pan from the heat, then add the **noodles**, **sweet Asian sauce**, **hoisin sauce** and **soy sauce**. Toss to coat and warm through the **noodles**, 1 min.



Fry the Veg

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Add the **shallot**, **courgette** and **pepper** to the pan.
- Fry until softened, stirring occasionally, 6-8 mins.



Finish and Serve

- Divide the **pulled pork** and veg **noodles** between plates.

Enjoy!