






Cooking Made Easy

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Garlic Farm Pork Teriyaki and the Great 'Scape

Luke, Renee and Patrick headed down to The Garlic Farm on the Isle of Wight a few weeks ago and had an education in all things garlic. Inspired by the trip we made this terrific teriyaki, but last week we had a last-minute exciting development! Colin the garlic farmer (AKA the Indiana Jones of garlic) said his garlic scapes had just come into season so we decided to add them into your box! You can use them in tonight's recipe or check out Patrick's video recipe at hellofresh.co.uk/scapes



40 min



family box



lactose free



Egg Noodles



Asparagus



Garlic Scape



Ginger



Black Garlic Teriyaki Sauce



Pork Fillet



Cornflour



Sesame Oil



Sesame Seeds

Ingredients

	2P	4P
Egg Noodles 1, 2	-	3 nests
Asparagus, chopped	-	2 handfuls
Garlic Scape, chopped	-	4
Ginger, chopped	-	2 tbsp
Black Garlic Teriyaki Sauce 1, 3	-	4 tbsp
Pork Fillet, sliced	-	600g
Cornflour	-	2 tbsp
Sesame Oil 4	-	2 tbsp

🌱 May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

1) Gluten | 2) Egg
3) Soya | 4) Sesame

Nutrition per serving: Calories: 572 kcal | Protein: 39 g | Carbs: 53 g | Fat: 20 g | Saturated Fat: 4 g



1 Boil a medium sized pot of water with ½ tsp of salt. Once boiling add your noodles for 4 mins.

2 Chop the bottom 3cm from the asparagus and scapes (opposite end from the bulb), then discard. Now chop them both widthways into three pieces. 90 seconds before the noodles are finished add the asparagus and scapes into the boiling noodle water.

3 Peel the ginger with the edge of a spoon and very finely chop. Mix the teriyaki sauce in a cup with 5 tbsp of water and keep to the side.

4 Drain the noodles, asparagus and scapes in a sieve or colander. Refill the pot with cold water and put them all back in to cool down. Leave to the side for later.

5 Very, very thinly slice the pork fillet and toss it in the cornflour with a pinch of salt and pepper. Heat 1 tbsp of oil in a non-stick frying pan on high heat. Once it's really hot (but not smoking) add in the pork and quickly brown off on both sides (discard any excess cornflour).

Tip: If you only have a small pan then cook it off in batches. Overcrowding the pan won't give you a nice caramelised finish.

6 Once the pork is browned off on both sides remove it from the pan and keep to the side. Heat the sesame oil in the pan on medium-high heat and once it's hot add the ginger for 30 seconds.

7 Add back the pork with the teriyaki sauce and cook for a minute. Add the drained noodles, asparagus and scapes to the pork. Cook for one more minute then serve it with a scattering of sesame seeds.



Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!