



# Ginger Miso Pork Noodle Stir-Fry with Mushrooms and Crispy Onions

**Quick** 15 Minutes • 1 of your 5 a day

44



Pork Mince



Sliced Mushrooms



Egg Noodle Nest



Ginger Puree



Coleslaw Mix



Miso Paste



Ketjap Manis



Soy Sauce



Crispy Onions



Beef Mince

### Recipe Update

Due to challenges with our supplier, you'll receive **egg noodle nest** instead of **udon noodles**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

### Pantry Items

Oil, Salt, Pepper

### CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Kettle and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Pork Mince**	240g	360g	480g
Sliced Mushrooms**	80g	120g	180g
Egg Noodle Nest 8) 13)	125g	187g	250g
Ginger Puree	15g	22g	30g
Coleslaw Mix**	120g	180g	240g
Miso Paste 11)	15g	22g	30g
Ketjap Manis 11)	25g	37g	50g
Soy Sauce 11) 13)	15ml	25ml	30ml
Crispy Onions 13)	1 sachet	2 sachets	2 sachets
Beef Mince**	240g	360g	480g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water*	2 tbsp	3 tbsp	4 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	341g	100g	341g	100g
Energy (kJ/kcal)	2890 / 691	847 / 202	2664 / 637	781 / 187
Fat (g)	31.5	9.2	24.9	7.3
Sat. Fat (g)	11.8	3.5	10.6	3.1
Carbohydrate (g)	66.0	19.3	65.7	19.3
Sugars (g)	14.2	4.2	13.9	4.1
Protein (g)	35.1	10.3	38.4	11.2
Salt (g)	4.61	1.35	4.66	1.37

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

8) Egg 11) Soya 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.


## Contact

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## Get Prepped

- Boil a full kettle. Heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **pork mince** and **mushrooms**, 5-6 mins.
- Break up the **mince** as it cooks, then drain the fat. Season with **salt** and **pepper**.  
**IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.

## CUSTOM RECIPE

If you've chosen to get **beef mince** instead of **pork**, cook the recipe in the same way.



## Noodle Time

- Next, add the **noodles** to the frying pan. Toss to coat and simmer until piping hot, 1-2 mins.
- Add a splash of **water** if it's a little thick.
- Taste and season with **salt** and **pepper** if needed. Remove from the heat.



## Sauce Up

- Pour the **boiled water** into a saucepan with  $\frac{1}{2}$  **tsp salt**. Boil the **noodles**, 3-4 mins. Once cooked, drain and run under **cold water**.
- Next, reduce the heat of the frying pan to medium. Add the **ginger puree** and **coleslaw** and stir-fry, 1 min.
- Stir in the **miso**, **ketjap**, **soy** and **water** (see pantry).



## Dinner's Ready!

- Share your **noodles** between your serving bowls.
- Sprinkle over the **crispy onions**.

## Enjoy!