



Ginger Miso Pork Udon Stir-Fry with Mushrooms and Crispy Onions

Super Quick 15 Minutes • 1 of your 5 a day

47



British Pork Mince



Sliced Mushrooms



Ginger Puree



Coleslaw Mix



Indonesian Style Spice Mix



Miso Paste



Ketjap Manis



Soy Sauce



Udon Noodles

Pantry Items

Oil, Salt, Pepper, Honey

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Frying pan.

Ingredients

Ingredients	2P	3P	4P
British Pork Mince**	240g	360g	480g
Sliced Mushrooms**	80g	120g	180g
Ginger Puree	15g	22g	30g
Coleslaw Mix**	120g	180g	240g
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
Miso Paste 11)	15g	22g	30g
Ketjap Manis 11)	25g	37g	50g
Soy Sauce 11) 13)	15ml	25ml	30ml
Udon Noodles 13)	220g	330g	440g

Pantry	2P	3P	4P
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	391g	100g
Energy (kJ/kcal)	2465 / 589	631 / 151
Fat (g)	28.1	7.2
Sat. Fat (g)	9.9	2.5
Carbohydrate (g)	52.9	13.5
Sugars (g)	18.5	4.7
Protein (g)	32.5	8.3
Salt (g)	3.99	1.02

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

Allergens

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, mollusc, 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. Be careful when adding water to hot pans while cooking.

Contact

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1



Get Prepped

- 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.

2



Sauce Up

- Next, reduce the heat to medium. Add the **ginger puree**, **Indonesian style spice mix** and **coleslaw**. Stir-fry, 1 min.
- Stir in the **miso**, **ketjap**, **soy**, **honey** and **water** (see pantry for both amounts).

3



Noodle Time

- Next, add the **udon noodles**. Toss to coat, using a fork to gently separate them. Simmer, 1-2 mins.
- Add a splash of **water** if it's a little dry.
- Taste and season with **salt** and **pepper** if needed. Remove from the heat.

4



Dinner's Ready!

- Share your **noodles** between your serving bowls.

Enjoy!