

Weeknight Fragrant Hoisin Pork Noodles

with Carrot, Onion, Green Beans and Peanuts

14

Quick 25 Minutes • 1 of your 5 a day



Carrot



Onion



Salted Peanuts



British Pork Mince



Green Beans



Egg Noodle Nest



Ginger Puree



Hoisin Sauce



Ketjap Manis



Soy Sauce



British Beef Mince

Pantry Items

Oil, Salt, Pepper

↔ Swap to Beef Mince

If you chose to swap to beef mince, then just follow the instructions on the back of this card.

Happy cooking!



Perfect for a midweek meal, these Weeknight Fragrant Hoisin Pork Noodles can be on your table in less than 25 minutes. Hoisin contains Chinese Five Spice, rice vinegar and red miso which gives it its delicious sweet-umami flavour.

Before you start

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

Cooking tools

Rolling pin, frying pan, kettle, saucepan and sieve.

Ingredients

Ingredients	2P	3P	4P
Carrot**	1	1.5	2
Onion	1	2	2
Salted Peanuts 1)	25g	40g	40g
British Pork Mince**	240g	360g	480g
Green Beans**	80g	150g	150g
Egg Noodle Nest 8) 13)	125g	187g	250g
Ginger Puree	15g	22g	30g
Hoisin Sauce 11)	30g	45g	60g
Ketjap Manis 11)	50g	75g	100g
Soy Sauce* 11) 13)	25ml	40ml	50ml
British Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	472g	100g	472g	100g
Energy (kJ/kcal)	3381 / 808	717 / 171	3153 / 754	668 / 160
Fat (g)	34.5	7.3	27.9	5.9
Sat. Fat (g)	11.4	2.4	10.1	2.1
Carbohydrate (g)	84.4	17.9	84.2	17.8
Sugars (g)	30.8	6.5	30.6	6.5
Protein (g)	39.7	8.4	43.0	9.1
Salt (g)	6.54	1.39	6.54	1.39

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

Allergens

1) Peanut **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, 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

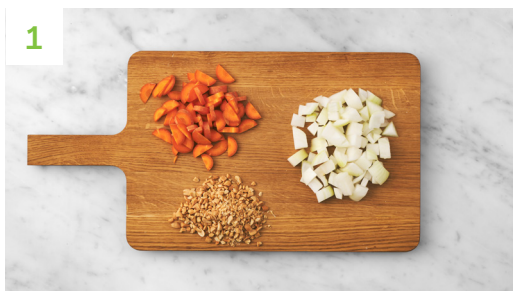
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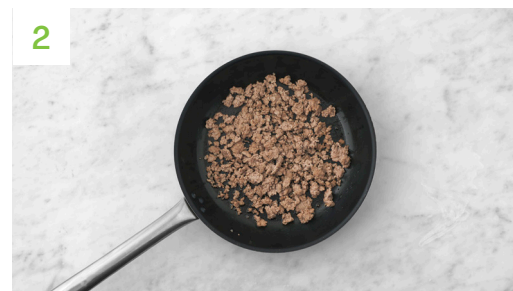
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Start the Prep

- Trim the **carrot**, then halve lengthways (no need to peel). Slice widthways into pieces about ½ cm thick.
- Halve and peel the **onion**. Chop into 2cm chunks.
- Crush the **peanuts** in the unopened sachet using a rolling pin.



Get Frying

- Heat a drizzle of **oil** in a large frying pan on high heat.
- Once hot, add the **pork mince, carrot** and **onion**.
- Fry until the **mince** has browned and the **veg** has softened, 8-10 mins. Use a spoon to break up the **mince** as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw mince.

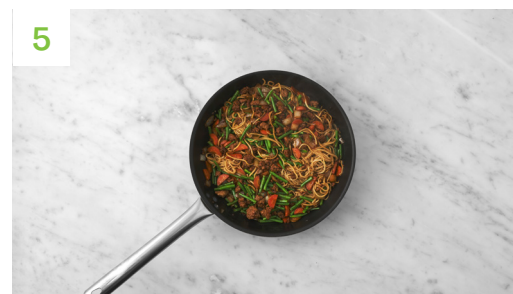
↔ Swap to Beef Mince

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



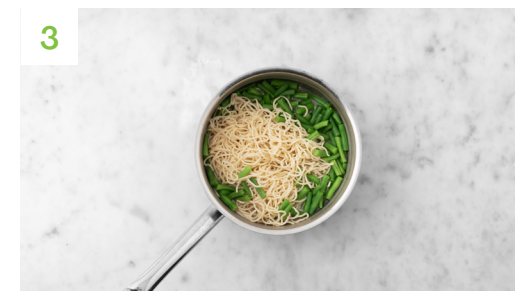
Add the Flavour

- Once the **mince** has browned, drain and discard any excess fat. **IMPORTANT:** The mince is cooked when no longer pink in the middle.
- Stir the **ginger puree** into the pan and fry until fragrant, 1 min.
- Stir in the **hoisin sauce, ketjap, soy** and **water for the sauce** (see pantry for amount).
- Bring to the boil, then reduce the heat and simmer until thickened, 3-4 mins.



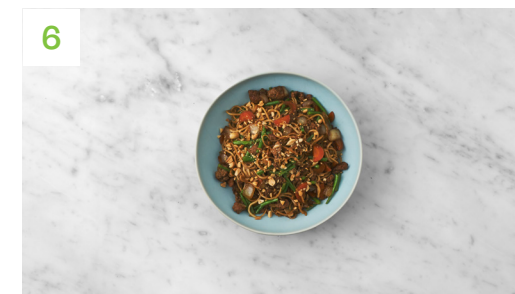
All Together Now

- Stir the **cooked noodles** and **beans** into the **sauce**.
- Taste and season with **salt** and **pepper** if needed.
- Add a splash of **water** if you feel it needs it.



Boil the Noodles

- While the **pork and veg** cook, boil a full kettle.
- Meanwhile, trim the **green beans**, then cut into thirds.
- Pour the **boiled water** into a medium saucepan with ½ tsp salt and bring to a boil. Add the **green beans** and **noodles** and cook until tender, 4 mins.
- Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



Serve

- Share the **noodles, pork and veg** between your serving bowls.
- Sprinkle over the **peanuts** to finish.

Enjoy!