

Ginger Miso Pork Udon Stir-Fry with Mushrooms

Super Quick 15 Minutes • 1 of your 5 a day



British Pork Mince



Sliced Mushrooms



Indonesian Style Spice Mix



Ginger Puree



Coleslaw Mix



Miso Paste



Ketjap Manis



Soy Sauce



Udon Noodles



British Beef Mince

Pantry Items

Oil, Salt, Pepper, Honey

↔ **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!



Ready in just 15 minutes, this Ginger Miso Pork Udon Stir-Fry hits the spot. A staple in Japanese cuisine, miso is made from fermented soy bean paste and is typical of giving the umami flavour that tastebuds love.

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
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
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
Udon Noodles 13)	220g	330g	440g
British Beef Mince**	240g	360g	480g

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	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	391g	100g	391g	100g
Energy (kJ/kcal)	2467 /590	632 /151	2241 /536	574 /137
Fat (g)	28.1	7.2	21.5	5.5
Sat. Fat (g)	9.9	2.5	8.7	2.2
Carbohydrate (g)	52.9	13.5	52.6	13.5
Sugars (g)	18.5	4.7	18.2	4.7
Protein (g)	32.5	8.3	35.8	9.2
Salt (g)	3.99	1.02	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.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

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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.

↔ Swap to Beef Mince

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



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.



Sauce Up

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



Dinner's Ready!

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

Enjoy!