



Teriyaki Pork Stir-Fry with Noodles, Green Beans and Mushrooms

Rapid 20 Minutes • 1 of your 5 a day

14



Green Beans



Garlic Clove



Pork Mince



Sliced Mushrooms



Egg Noodle Nest



Teriyaki Sauce



Beef Mince

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on 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

Saucepan, garlic press, frying pan and sieve.

Ingredients

Ingredients	2P	3P	4P
Green Beans**	150g	200g	300g
Garlic Clove**	1	2	2
Pork Mince**	240g	360g	480g
Sliced Mushrooms**	80g	120g	160g
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Teriyaki Sauce 11)	150g	225g	300g
Beef Mince**	240g	360g	480g

Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	375g	100g	375g	100g
Energy (kJ/kcal)	2999 /717	800 /191	2773 /663	739 /177
Fat (g)	27.8	7.4	21.2	5.6
Sat. Fat (g)	9.9	2.6	8.6	2.3
Carbohydrate (g)	79.0	21.1	78.7	21.0
Sugars (g)	27.9	7.4	27.7	7.4
Protein (g)	36.4	9.7	39.6	10.6
Salt (g)	4.85	1.29	4.90	1.31

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, 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

a) Bring a large saucepan of **water** to the boil with $\frac{1}{4}$ **tsp salt** for the **noodles**.

b) Trim the **green beans**, then cut into thirds.

c) Peel and grate the **garlic** (or use a garlic press).



Bring on the Noodles

a) Once your pan of **water** is boiling, add the **noodles** and **green beans** and cook until tender, 4 mins.

b) Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



Fry the Pork

a) Heat a large frying pan on medium-high heat (no oil).

b) Once hot, add the **pork mince** and fry until browned, 5-6 mins.

c) Use a spoon to break it up as it cooks, then drain and discard any excess fat. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.

CUSTOM RECIPE

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



Combine and Stir

a) Add the **garlic** to the **pork mince**. Stir-fry for 1-2 mins.

b) Stir in the **teriyaki sauce** and **water for the sauce** (see pantry for amount), ensuring everything's well coated.

c) Add the **cooked noodles** and **green beans** to the **teriyaki pork**. Stir together and cook until everything is piping hot, 1-2 mins.



Mix in the Mushrooms

a) Add the **mushrooms** to the **pork** and stir-fry until starting to brown, 3-4 mins.



Finish and Serve

a) When the **stir-fry** is ready, taste and season with **salt** and **pepper** if needed. Add a splash more **water** if it's a little dry.

b) Serve your **teriyaki pork noodles** between your bowls.

Enjoy!