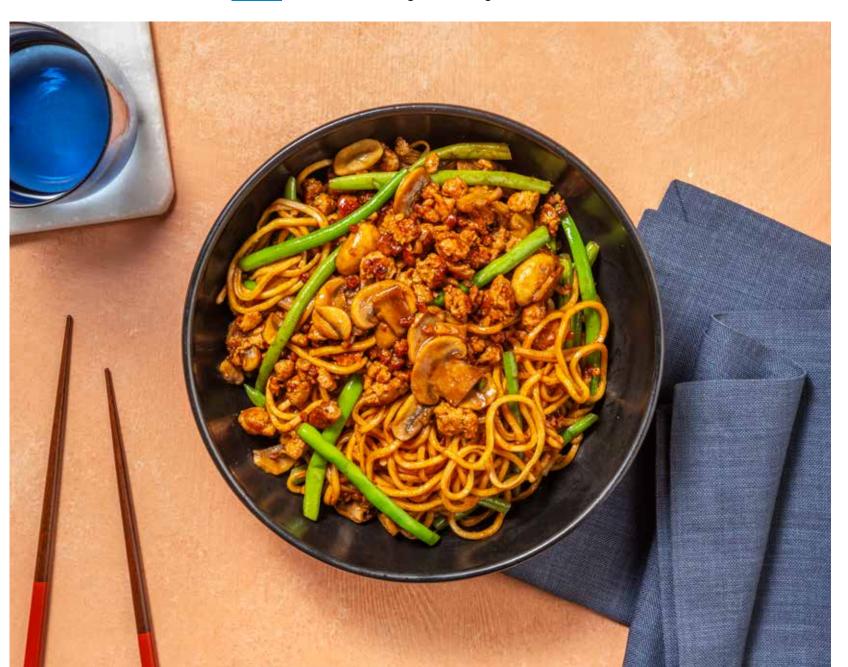


# Teriyaki Pork Stir-Fry with Noodles, Green Beans and Mushrooms

Rapid 20 Minutes • 1 of your 5 a day







Green Beans





Pork Mince



Sliced Mushrooms





Egg Noodle



Teriyaki Sauce

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

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

#### **Nutrition**

Typical Values	Per serving	Per 100g
for uncooked ingredient	375g	100g
Energy (kJ/kcal)	2999 /717	800/191
Fat (g)	27.8	7.4
Sat. Fat (g)	9.9	2.6
Carbohydrate (g)	79.0	21.1
Sugars (g)	27.9	7.4
Protein (g)	36.4	9.7
Salt (g)	5.13	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, gluten and sulphites.

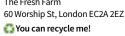
Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

#### Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps
Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK Packed in the UK The Fresh Farm







# **Get Prepped**

- a) Bring a large saucepan of water to the boil with¼ tsp salt for the noodles.
- b) Trim the green beans.
- c) Peel and grate the garlic (or use a garlic press).



# 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.



Mix in the Mushrooms

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



# Bring on the Noodles

- **a)** Once your pan of **water** is boiling, add the **noodles** and **green beans**. Cook until tender, 4 mins.
- **b)** Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



# 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 mixture**. Stir together and cook until everything is combined and piping hot, 1-2 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 in bowls.

Enjoy!