



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

**Rapid** 20 Minutes • 1 of your 5 a day

13



Green Beans



Garlic Clove



Pork Mince



Sliced Mushrooms



Egg Noodle Nest



Teriyaki Sauce

**Pantry Items**  
Oil, Salt, Pepper

## 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      |
| <b>Pantry</b>          | <b>2P</b> | <b>3P</b> | <b>4P</b> |
| Water for the Sauce*   | 50ml      | 75ml      | 100ml     |

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

## Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 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

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## Get Prepped

- Bring a large saucepan of **water** to the boil with  $\frac{1}{4}$   **tsp salt** for the **noodles**.
- Trim the **green beans**.
- Peel and grate the **garlic** (or use a garlic press).



## Bring on the Noodles

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



## Fry the Pork

- Heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **pork mince** and fry until browned, 5-6 mins.
- 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.



## Combine and Stir

- Add the **garlic** to the **pork mince**. Stir-fry for 1-2 mins.
- Stir in the **teriyaki sauce** and **water for the sauce** (see pantry for amount), ensuring everything's well coated.
- 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.



## Mix in the Mushrooms

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



## Finish and Serve

- 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.
- Serve your **teriyaki pork noodles** in bowls.

Enjoy!