



Teriyaki Pork Mince Stir-Fry

with Mangetout, Carrot, Egg Noodles and Peanuts

Family 20-25 Minutes • 1 of your 5 a day

3



Mangetout



Garlic Clove



Carrot



Salted Peanuts



Pork Mince



Egg Noodle Nest



Teriyaki Sauce



Beef Mince

Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to swap or upgrade your 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

Kettle, garlic press, peeler, rolling pin, frying pan, saucepan, sieve and bowl.

Ingredients

Ingredients	2P	3P	4P
Mangetout**	80g	150g	150g
Garlic Clove**	1	2	2
Carrot**	1	1	2
Salted Peanuts 1)	25g	40g	40g
Pork Mince**	240g	360g	480g
Egg Noodle Nest 8) 13)	125g	187g	250g
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	392g	100g	392g	100g
Energy (kJ/kcal)	3334 / 797	850 / 203	3108 / 743	793 / 189
Fat (g)	34.5	8.8	27.9	7.1
Sat. Fat (g)	11.3	2.9	10.1	2.6
Carbohydrate (g)	81.7	20.8	81.4	20.8
Sugars (g)	30.8	7.9	30.5	7.8
Protein (g)	39.3	10.0	42.5	10.9
Salt (g)	5.24	1.34	5.24	1.34

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, 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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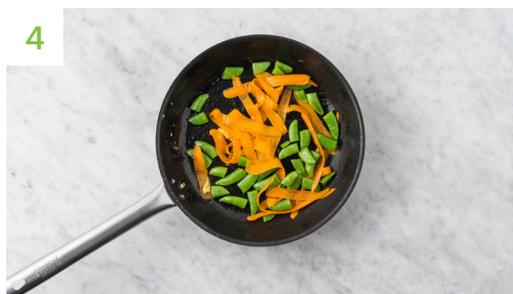
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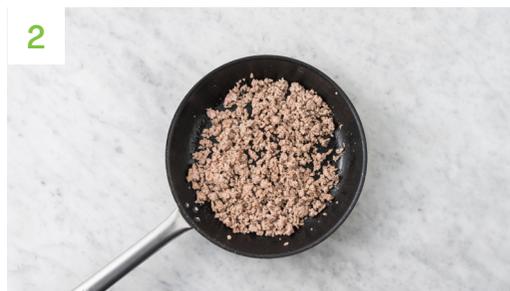
Get Prepped

- Boil a full kettle.
- Halve the **mangetout** widthways. Peel and grate the **garlic** (or use a garlic press).
- Trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.
- Crush the **peanuts** in the unopened sachet using a rolling pin. Set aside for garnishing later.



Bring on the Veg

- Once the **mince** is browned, transfer it to a bowl.
- Wipe out your (now empty) frying pan and return to medium-high heat with a drizzle of **oil**.
- Once hot, add the **mangetout** and **carrot** and stir-fry until tender, 2-3 mins. Add the **garlic** and stir-fry for 1 min more.



Fry the Mince

- 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.
- Season with **salt** and **pepper**. **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.



Sauce Things Up

- Add the **cooked mince** back into the pan along with the **teriyaki sauce**, **water for the sauce** (see pantry for amount) and the **cooked noodles**.
- Mix to coat everything well and cook until piping hot, 1-2 mins.
- Add a splash of **water** if you feel it needs it.



Cook the Noodles

- Meanwhile, pour the **boiled water** into a saucepan on high heat with $\frac{1}{2}$ **tsp salt**.
- Add the **noodles** and cook until tender, 4 mins.
- Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



Serve

- When ready, share the **teriyaki pork stir-fry** between your bowls.
- Scatter over the **peanuts** to finish for those who'd like them.

Enjoy!