



# Ginger Miso Pork Udon Stir-Fry with Mushrooms and Crispy Onions

**Super Quick** 15 Minutes • 1 of your 5 a day

44



Pork Mince



Sliced Mushrooms



Ginger Puree



Coleslaw Mix



Miso Paste



Ketjap Manis



Soy Sauce



Udon Noodles



Crispy Onions



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

Frying pan.

## Ingredients

Ingredients	2P	3P	4P
Pork Mince**	240g	360g	480g
Sliced Mushrooms**	80g	120g	180g
Ginger Puree	15g	22g	30g
Coleslaw Mix**	120g	180g	240g
Miso Paste <b>11)</b>	15g	22g	30g
Ketjap Manis <b>11)</b>	25g	37g	50g
Soy Sauce <b>11) 13)</b>	15ml	25ml	30ml
Udon Noodles <b>13)</b>	220g	330g	440g
Crispy Onions <b>13)</b>	1 sachet	2 sachets	2 sachets
Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Water for the Sauce*	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	389g	100g	389g	100g
Energy (kJ/kcal)	2531/605	651/156	2305/551	593/142
Fat (g)	31.1	8.0	24.5	6.3
Sat. Fat (g)	11.5	3.0	10.2	2.6
Carbohydrate (g)	49.0	12.6	48.7	12.5
Sugars (g)	13.2	3.4	12.9	3.3
Protein (g)	32.7	8.4	36.0	9.3
Salt (g)	4.08	1.05	4.08	1.05

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, 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.

## Contact

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1



## 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.

## CUSTOM RECIPE

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

3



## Noodle Time

- Next, add the **udon noodles**. Toss to coat, using a fork to gently separate then. 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.

2



## Sauce Up

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

4



## Dinner's Ready!

- Share your **noodles** between your serving bowls.
- Sprinkle over the **crispy onions**.

## Enjoy!