



Ginger Hoisin Pork Udon

with Sugar Snap Peas

Super Quick 10-15 Minutes • 1 of your 5 a day

48



British Pork Mince



Garlic Clove



Coleslaw Mix



Sugar Snap Peas



Ginger Puree



Hoisin Sauce



Soy Sauce



Udon Noodles

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

Frying pan and garlic press.

Ingredients

Ingredients	2P	3P	4P
British Pork Mince**	240g	360g	480g
Garlic Clove**	2	3	4
Coleslaw Mix**	120g	240g	240g
Sugar Snap Peas**	80g	150g	150g
Ginger Puree	15g	22g	30g
Hoisin Sauce 11	60g	90g	120g
Soy Sauce 11 13	25ml	30ml	50ml
Udon Noodles 13	220g	330g	440g

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	412g	100g
Energy (kJ/kcal)	3290 / 786	798 / 191
Fat (g)	27.5	6.7
Sat. Fat (g)	9.8	2.4
Carbohydrate (g)	51.6	12.5
Sugars (g)	16.4	4.0
Protein (g)	34.6	8.4
Salt (g)	4.80	1.16

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, mollusc, 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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Get Frying

- Heat a large frying pan on medium-high heat (no oil).
- Once hot, fry the **pork mince**, 5-6 mins.
- Break up the **mince** as it cooks. **IMPORTANT:** Wash hands and equipment after handling raw mince. Cook so there's no pink in the middle.



Sauce Time

- Stir in the **hoisin**, **soy** and **water** (see pantry).
- Bring to the boil and simmer, 1-2 mins.
- Add the **udon noodles** to the pan. Toss to coat, using a fork to gently separate them.
- Simmer until piping hot, 1-2 mins.



Add Veg

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Drain the fat from the **pork**. Season with **salt** and **pepper**.
- Add the **coleslaw** and **sugar snaps** to the **pork**. Fry for 2-3 mins.
- Stir in the **ginger puree** and **garlic**. Fry for 1 min.



Dinner's Ready!

- Taste and season if needed. Add a splash of **water** if it's too thick.
- Share the **noodles** between your bowls.

Enjoy!