



# Ginger Hoisin Pork Udon Stir-Fry with Sugar Snap Peas

Calorie Smart 10-15 Minutes • 1 of your 5 a day • Under 650 Calories

26



British Pork Mince



Garlic Clove



Coleslaw Mix



Sugar Snap Peas



Ginger Puree



Hoisin Sauce



Soy Sauce



Udon Noodles



British Beef Mince

#### Pantry Items

Oil, Salt, Pepper

#### ↔ Swap to Beef Mince

If you chose to swap to beef mince, 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 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	22.5g	30g
Hoisin Sauce <b>11</b>	64g	96g	128g
Soy Sauce <b>11</b> <b>13</b>	25ml	30ml	50ml
Udon Noodles <b>13</b>	220g	330g	440g
British 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	414g	100g	414g	100g
Energy (kJ/kcal)	2494 / 596	602 / 144	2269 / 542	548 / 131
Fat (g)	27.8	6.7	21.2	5.1
Sat. Fat (g)	9.8	2.4	8.6	2.1
Carbohydrate (g)	52.7	12.7	52.4	12.7
Sugars (g)	17.3	4.2	17.1	4.1
Protein (g)	34.8	8.4	38.0	9.2
Salt (g)	5.07	1.22	5.07	1.22

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.

↔ Swap to Beef Mince

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



## 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, 2-3 mins.
- Stir in the **ginger puree** and **garlic**. Fry, 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!