



One Pan Ginger Miso Pork Udon with Mushrooms

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

26



British Pork Mince



Sliced Mushrooms



Indonesian Style
Spice Mix



Ginger Puree



Coleslaw Mix



Miso Paste



Ketjap Manis



Soy Sauce



Udon Noodles



British Beef
Mince

Pantry Items

Oil, Salt, Pepper, Honey

↔ 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!



Ready in just 15 minutes, this One Pan Ginger Miso Pork Udon hits the spot. A staple in Japanese cuisine, miso is made from fermented soy bean paste and is typical of giving the umami flavour that tastebuds love.

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Frying pan.

Ingredients

Ingredients	2P	3P	4P
British Pork Mince**	240g	360g	480g
Sliced Mushrooms**	80g	120g	180g
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
Ginger Puree	15g	22g	30g
Coleslaw Mix**	120g	180g	240g
Miso Paste 11	15g	22g	30g
Ketjap Manis 11	25g	37g	50g
Soy Sauce 11 13	15ml	25ml	30ml
Udon Noodles 13	220g	330g	440g
British Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	391g	100g	391g	100g
Energy (kJ/kcal)	2467 /590	632 /151	2065 /494	529 /126
Fat (g)	28.1	7.2	16.3	4.2
Sat. Fat (g)	9.9	2.5	6.8	1.7
Carbohydrate (g)	52.9	13.5	53.2	13.6
Sugars (g)	18.5	4.7	18.4	4.7
Protein (g)	32.2	8.2	34.9	8.9
Salt (g)	3.99	1.02	3.94	1.01

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.

Contact

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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.

↔ Swap to Beef Mince

Cook the **beef mince** in the same way as the **pork**.



Noodle Time

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



Sauce Up

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



Dinner's Ready!

- Share your **noodles** between your serving bowls.

Enjoy!