



# Teriyaki Pork Mince Stir-Fry with Mangetout, Carrot, Egg Noodles and Peanuts

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

43



Mangetout



Garlic Clove



Carrot



Spring Onion



Salted Peanuts



Pork Mince



Egg Noodle Nest



Teriyaki Sauce

**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

Saucepan, garlic press, peeler, rolling pin, frying pan, colander and bowl.

## Ingredients

Ingredients	2P	3P	4P
Mangetout**	80g	150g	150g
Garlic Clove**	1	2	2
Carrot**	1	1	2
Spring Onion**	1	2	2
Salted Peanuts <b>1)</b>	25g	40g	40g
Pork Mince**	240g	360g	480g
Egg Noodle Nest <b>8) 13)</b>	2 nests	3 nests	4 nests
Teriyaki Sauce <b>11)</b>	150g	225g	300g

Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	375g	100g
	3345 / 800	893 / 214
Fat (g)	34.5	9.2
Sat. Fat (g)	11.1	3
Carbohydrate (g)	81.6	21.8
Sugars (g)	30.7	8.2
Protein (g)	39.8	10.6
Salt (g)	5.11	1.37

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, 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.

## Contact

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60 Worship St, London EC2A 2EZ

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## Get Prepped

Bring a large saucepan of **water** to the boil with  $\frac{1}{4}$  **tsp salt** for the **noodles**.

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.

Trim and thinly slice the **spring onion**. Crush the **peanuts** in the unopened sachet using a rolling pin. Set both aside for garnishing later.



## Bring on the Veg

Once the **mince** is browned, transfer it to a bowl and set aside for now.

Pop the (now empty) pan on medium-high heat with a drizzle more **oil** if needed.

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. The pork is cooked when no longer pink in the middle.



## Sauce Things Up

Add the **mince** back into the pan along with the **teriyaki sauce**, **water for the sauce** (see pantry for amount) and **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, when your pan of **water** is boiling, add the **noodles** and cook until tender, 4 mins.

Once cooked, drain in a colander and run under **cold water** to stop them sticking together.



## Serve

When ready, share the **teriyaki pork mince stir-fry** between your bowls.

Scatter over the **peanuts** and **spring onion** to finish for those who'd like them.

Enjoy!