



Teriyaki Pork Stir-Fry

with Noodles, Bok Choy and Mushrooms

Rapid 20 Minutes • 1 of your 5 a day

14



Bok Choy



Garlic Clove



Spring Onion



Sliced Mushrooms



Pork Mince



Egg Noodle Nest



Teriyaki Sauce

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Garlic Press, Frying Pan, Sieve and Measuring Jug.

Ingredients

	2P	3P	4P
Bok Choy**	1	2	2
Garlic Clove**	1	2	2
Spring Onion**	1	2	2
Sliced Mushrooms**	120g	180g	240g
Pork Mince**	240g	360g	480g
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Teriyaki Sauce 11)	150g	225g	300g
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	393g	100g
Energy (kJ/kcal)	1919 /459	489 /117
Fat (g)	18	5
Sat. Fat (g)	6	2
Carbohydrate (g)	46	12
Sugars (g)	26	7
Protein (g)	28	7
Salt (g)	4.29	1.09

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

8) Egg 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Finish the Prep

- Bring a large saucepan of **water** to the boil with $\frac{1}{4}$ **tsp salt** for the **noodles**.
- Trim the **bok choy** then thinly slice widthways.
- Peel and grate the **garlic** (or use a garlic press).
- Trim and thinly slice the **spring onion**.



Bring on the Noodles

- Once the pan of **water** is boiling, add the **noodles** and bring back to the boil. Cook until tender, 4 mins.
- Once cooked, drain in a sieve. **TIP:** Run the noodles under cold water to stop them sticking together. Set aside.



Stir-Fry the Mushrooms

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once the **oil** is hot, add the **mushrooms** and stir-fry until starting to brown, 3-4 mins.



Combine and Stir

- Stir the **bok choy** and **garlic** into the **pork mince**. Stir-fry until just soft, 1-2 mins.
- Stir in the **teriyaki sauce** and **water for the sauce** (see ingredients for amount), ensuring everything is well coated.
- Add the **noodles** to the **teriyaki mixture**. Stir together and cook until everything is piping hot, 1-2 mins.
- Taste and add **salt** and **pepper** if needed.
TIP: Add a splash more water if the noodles look a little dry.



Cook the Pork

- Add the **pork mince** to the **mushrooms** and cook until browned, 5-6 mins.
- Use a spoon to break it up as it cooks, then drain and discard any excess fat. **IMPORTANT:** Wash your hands after handling raw mince. The mince is cooked when no longer pink in the middle.



Serve

- When everything is ready, serve the **noodles** in bowls.
- Scatter the **spring onion** on top.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.