



Teriyaki Pork Stir-Fry with Noodles, Pak Choi and Mushrooms

Calorie Smart 20 Minutes • 1 of your 5 a day • Under 650 Calories

26



Pak Choi



Garlic Clove



Pork Mince



Sliced Mushrooms



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, frying pan and sieve.

Ingredients

Ingredients	2P	3P	4P
Pak Choi**	1	2	2
Garlic Clove**	1	2	2
Pork Mince**	240g	360g	480g
Sliced Mushrooms**	120g	180g	240g
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Teriyaki Sauce 11)	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)	385g	100g
	2561 /612	665 /159
Fat (g)	18.1	4.7
Sat. Fat (g)	6.3	1.6
Carbohydrate (g)	77.3	20.1
Sugars (g)	26.7	6.9
Protein (g)	34.1	8.9
Salt (g)	4.91	1.28

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

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.

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Get Prepped

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

b) Trim the **pak choi**, then thinly slice widthways.

c) Peel and grate the **garlic** (or use a garlic press).



Bring on the Noodles

a) Once the pan of **water** is boiling, add the **noodles** and bring back to the boil. Cook until tender, 4 mins.

b) Once cooked, drain in a sieve. Set aside.

TIP: Run the noodles under cold water to stop them sticking together.



Fry the Pork

a) Heat a large frying pan on medium-high heat (no oil).

b) Once hot, add the **pork mince** and fry until browned, 5-6 mins.

c) Use a spoon to break it up as it cooks, then drain and discard any excess fat. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.



Combine and Stir

a) Stir the **pak choi** and **garlic** into the **pork mince**. Stir-fry until just soft, 1-2 mins.

b) Stir in the **teriyaki sauce** and **water for the sauce** (see ingredients for amount), ensuring everything is well coated.

c) Add the **cooked noodles** to the **teriyaki mixture**. Stir together and cook until everything is piping hot, 1-2 mins.



Mix in the Mushrooms

a) Add the **mushrooms** to the **pork** and stir-fry until starting to brown, 3-4 mins.



Finish and Serve

a) When the **stir-fry** is ready, taste and season with **salt** and **pepper** if needed. Add a splash more **water** if it's a little dry.

b) Serve your **teriyaki noodles** in bowls.

Enjoy!

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