



Thai-Style Peanut Pork & Konjac Noodles

with Veggie Stir-Fry

NOODLE DAY

Grab your Meal Kit with this symbol



Carrot



Zucchini



Green Beans



Konjac Noodles



Peanut Butter



Oyster Sauce



Pork Mince



Asian BBQ Seasoning

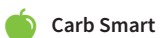


Chilli Flakes (Optional)



Beef Mince

Prep in: 20-30 mins
Ready in: 25-35 mins



With a similar texture to rice noodles but fewer carbs, konjac noodles work wonders in this speedy and flavoursome dish. To honour Noodle Day, we've also treated you to a peanutty Thai sauce, which coats juicy pork mince and slippery noodles wonderfully.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar, Vinegar (White Wine or Rice Wine)

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
zucchini	1	2
green beans	1 small bag	1 medium bag
konjac noodles	1 medium packet	2 medium packets
peanut butter	1 packet	2 packets
oyster sauce	1 medium packet	1 large packet
water*	¼ cup	½ cup
brown sugar*	½ tbs	1 tbs
vinegar* (white wine or rice wine)	½ tbs	1 tbs
pork mince	1 small packet	2 small packets OR 1 large packet
Asian BBQ seasoning	1 medium sachet	2 medium sachets
chilli flakes (optional)	pinch	pinch
beef mince**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1801kJ (430Cal)	319kJ (76Cal)
Protein (g)	33.6g	5.9g
Fat, total (g)	22.8g	4g
- saturated (g)	6.3g	1.1g
Carbohydrate (g)	22.8g	4g
- sugars (g)	15.9g	2.8g
Sodium (mg)	1834mg	325mg
Dietary Fibre (g)	7.7g	1.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1828kJ (437Cal)	324kJ (77Cal)
Protein (g)	37.1g	6.6g
Fat, total (g)	21.9g	3.9g
- saturated (g)	6.8g	1.2g
Carbohydrate (g)	22.8g	4g
- sugars (g)	15.9g	2.8g
Sodium (mg)	1835mg	325mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Thinly slice **carrot** and **zucchini** into half-moons. Trim and halve **green beans**.
- Drain and rinse **konjac noodles**.
- In a small bowl, combine **peanut butter**, **oyster sauce**, the **water**, the **brown sugar** and the **vinegar**, until smooth.



Cook the pork

- Return frying pan to high heat with a drizzle of **olive oil**.
- Cook **pork mince**, breaking up with a spoon, until just browned, **3-4 minutes**. Add **Asian BBQ seasoning** and cook, until fragrant, **1 minute**.
- Reduce heat to medium, return **veggies** to pan and add sauce mixture, stirring, until slightly reduced, **1 minute**.
- Remove pan from heat and add **konjac noodles**, tossing, until combined.

TIP: Drain oil from pan before adding the veggies, for best results!

Custom Recipe: If you've swapped to beef mince, heat a large frying pan over high heat. Cook beef mince (no need for oil!), breaking up with a spoon, until just browned, 3-4 minutes. Continue as above.



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **carrot**, **zucchini** and **green beans**, until tender, **4-5 minutes**. Season and transfer to a bowl.



Serve up

- Divide Thai-style peanut pork, veggies and konjac noodles between bowls.
- Top with **chilli flakes** (if using) to serve. Enjoy!

Rate your recipe

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