



15-Min Thai Peanut Pork & Konjac Noodles

with Pre-Prepped Veggie Stir-Fry

NEW

Grab your Meal Kit with this symbol



Konjac Noodles



Peanut Butter



Oyster Sauce



Soy Sauce Mix



Asian Stir-Fry Mix



Pork Mince



Chilli Flakes (Optional)



Beef Mince

Prep in: 15-25 mins
Ready in: 15-25 mins

Carb Smart

Bring the night noodle markets straight into your kitchen by whipping up this super easy and super tasty Thai fusion dinner. You'll be glad you stayed in as the because this meal is a delight with every bite.

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

Pantry items

Olive Oil

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
konjac noodles	1 medium packet	2 medium packets
peanut butter	1 packet	2 packets
oyster sauce	1 medium packet	1 large packet
water*	2 tbs	¼ cup
soy sauce mix	1 packet	2 packets
Asian stir-fry mix	1 medium bag	1 large bag
pork mince	1 small packet	2 small packets OR 1 large packet
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)	1865kJ (446Cal)	403kJ (96Cal)
Protein (g)	34.1g	7.4g
Fat, total (g)	23g	5g
- saturated (g)	6.3g	1.4g
Carbohydrate (g)	23.1g	5g
- sugars (g)	9.2g	2g
Sodium (mg)	1814mg	392mg
Dietary Fibre (g)	6g	1.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1892kJ (452Cal)	409kJ (98Cal)
Protein (g)	37.6g	8.1g
Fat, total (g)	22.1g	4.8g
- saturated (g)	6.8g	1.5g
Carbohydrate (g)	23.1g	5g
- sugars (g)	9.2g	2g
Sodium (mg)	1815mg	392mg
Dietary Fibre (g)	6g	1.3g

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



1



Get prepped

- Drain and rinse **konjac noodles**.
- In a small bowl, combine **peanut butter**, **oyster sauce**, the **water** and **soy sauce mix**, until smooth.

3



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**.
- 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, cook beef mince in the same way as the pork mince.

2



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **Asian stir-fry mix**, tossing, until tender, **3-4 minutes**. Season and transfer to a bowl.

4



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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