

# Quick Peanut Pork & Konjac Noodles

with Veggie Stir-Fry

Grab your meal kit with this number

5



Carrot



Zucchini



Asian Greens



Konjac Noodles



Peanut Butter



Oyster Sauce



Pork Mince



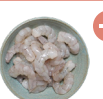
Asian BBQ Seasoning



Chilli Flakes (Optional)



Beef Mince



Peeled Prawns

### Recipe Update

We've replaced the green beans in this recipe with Asian greens due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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



Protein Rich



Carb Smart

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

### Pantry items

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

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
zucchini	1	2
Asian greens	1 packet	2 packets
konjac noodles	1 packet	2 packets
peanut butter	1 packet	2 packets
oyster sauce	1 medium packet	1 large packet
<b>water*</b>	¼ cup	½ cup
<b>brown sugar*</b>	½ tbs	1 tbs
<b>vinegar*</b> (white wine or rice wine)	½ tbs	1 tbs
pork mince	1 medium packet	2 medium packets OR 1 large packet
Asian BBQ seasoning	1 sachet	2 sachets
chilli flakes (optional)	pinch	pinch

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1861kJ (445cal)	172kJ (41cal)
Protein (g)	33.5g	3.1g
Fat, total (g)	23.3g	2.1g
- saturated (g)	6.7g	0.6g
Carbohydrate (g)	26g	2.4g
- sugars (g)	17.8g	1.6g
Sodium (mg)	2072mg	191mg
Dietary Fibre (g)	6.7g	0.6g

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](https://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

2024 | CW39



## Get prepped

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



## Cook the pork

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



## Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **carrot** and **zucchini**, tossing, until tender, **4-5 minutes**.
- Add **Asian greens**, cook until just wilted, **1-2 minutes**. Season with **salt** and **pepper** and transfer to a bowl.



## Serve up

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

## CUSTOM OPTIONS

**+** SWAP TO BEEF MINCE  
Follow method above.

**+** ADD PEELED PRAWNS  
Cook, tossing, until pink and starting to curl up, 3-4 minutes. Add to pan, tossing to coat.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

