

Pork & Veggie Mie Goreng

with Fried Egg & Crispy Shallots

Grab your meal kit with this number

2



Long Chilli (Optional)



Oyster Sauce



Kecap Manis



Chicken Stock Pot



Egg Noodles



Broccoli & Carrot Mix



Pork Mince



Crispy Shallots



Beef Mince



Pork Mince

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

 Protein Rich

 Eat Me First

Mie Goreng, meaning 'fried noodles', is a much-loved Indonesian street speciality that has become a favourite in homes worldwide. Our version includes pork mince and it delivers the perfect ratio of sweet to salty flavours making this a truly delicious mid-week dinner.

Pantry items

Olive Oil, Soy Sauce, Vinegar (White Wine or Rice Wine), Eggs

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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
long chilli  (optional)	½	1
oyster sauce	1 medium packet	1 large packet
kecap manis	1 packet	2 packets
chicken stock pot	1 small packet	1 medium packet
soy sauce*	½ tbs	1 tbs
vinegar* (white wine or rice wine)	½ tbs	1 tbs
egg noodles	1 packet	2 packets
broccoli & carrot mix	1 medium packet	1 large packet
eggs*	2	4
pork mince	1 medium packet	2 medium packets OR 1 large packet
crispy shallots	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2999kJ (737cal)	737kJ (181cal)
Protein (g)	41.4g	10.2g
Fat, total (g)	23.7g	5.8g
- saturated (g)	8.8g	2.2g
Carbohydrate (g)	93g	22.9g
- sugars (g)	29.4g	7.2g
Sodium (mg)	3176mg	780.3mg
Dietary Fibre (g)	8.6g	2.1g

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.



Get prepped

- Boil the kettle.
- Thinly slice **long chilli** (if using).
- In a small bowl, combine **oyster sauce, kecap manis, chicken stock pot, the soy sauce, vinegar** and a splash of **water**.



Cook the noodles

- Half-fill a medium saucepan with the boiled water. Add **egg noodles** and cook over medium-high heat, stirring occasionally with a fork to separate, until tender, **4-5 minutes**.
- Drain, rinse and set aside.

TIP: Add a dash of water to help speed up the cooking process.



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **broccoli & carrot mix**, tossing, until tender, **6-8 minutes**.
- Transfer to a bowl. Season to taste.



Cook the egg

- Return frying pan to high heat with a generous drizzle of **olive oil**.
- When oil is hot, crack the **eggs** into the pan. Cook until egg whites are firm and yolks are cooked to liking, **4-5 minutes**.
- Transfer to a plate and cover to keep warm.



Bring it all together

- Return 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 **cooked noodles** and **veggies** to pan, then add **sauce mixture**, tossing until combined, **1 minute**.
- Season with **pepper**.



Serve up

- Divide pork and veggie mie goreng between bowls.
- Top each bowl with a fried egg, **crispy shallots** and **chilli** to serve. Enjoy!


We're here to help!

Scan here if you have any questions or concerns

2024 | CW51



CUSTOM OPTIONS

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

 **DOUBLE PORK MINCE**
Follow method above, cooking in batches if necessary.

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

