

Vietnamese Pork & Konjac Noodles

with Sesame Veggies & Peanuts

Grab your meal kit with this number

37



Asian Greens



Zucchini



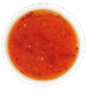
Carrot



Garlic



Oyster Sauce



Sweet Chilli Sauce



Ginger Paste



Konjac Noodles



Mixed Sesame Seeds



Pork Mince



Crushed Peanuts



Beef Mince



Pork Mince

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. A combo of three sauces - oyster, sweet chilli and soy - creates a sweet and savoury base, which the juicy pork mince, tender veggies and slippery noodles soak up wonderfully.

Pantry items

Olive Oil, Soy Sauce

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
olive oil*	refer to method	refer to method
Asian greens	1 packet	2 packets
zucchini	1	2
carrot	1	2
garlic	1 clove	2 cloves
oyster sauce	1 medium packet	1 large packet
sweet chilli sauce	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
ginger paste	1 medium packet	2 medium packets
konjac noodles	1 packet	2 packets
mixed sesame seeds	1 medium sachet	1 large sachet
pork mince	1 medium packet	2 medium packets OR 1 large packet
crushed peanuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1793kJ (428Cal)	375kJ (89Cal)
Protein (g)	30.8g	6.4g
Fat, total (g)	23.7g	5g
- saturated (g)	6.7g	1.4g
Carbohydrate (g)	21.2g	4.4g
- sugars (g)	15.4g	3.2g
Sodium (mg)	1793mg	375mg
Dietary Fibre (g)	5.6g	1.2g

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

- Roughly chop **Asian greens**.
- Thinly slice **zucchini** and **carrot** into rounds.
- Finely chop **garlic**.
- In a small bowl, combine **oyster sauce**, **sweet chilli sauce**, the **soy sauce** and **ginger paste**.
- Drain and rinse **konjac noodles**, then set aside.



Bring it all together

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **pork mince**, breaking up with a spoon, until cooked through, **5-6 minutes**.
- Remove pan from heat. Add the **oyster sauce mixture**, **konjac noodles** and **sesame veggies**. Toss until well combined and heated through.



Cook the sesame veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **zucchini** and **carrot**, tossing, until tender, **4-5 minutes**.
- Add **Asian greens**, **garlic** and **mixed sesame seeds** and cook until fragrant and greens are wilted, **1-2 minutes**.
- Transfer to a bowl and cover to keep warm.



Finish & serve

- Divide Vietnamese pork, konjac noodles and sesame veggies between bowls.
- Top with **crushed peanuts** to serve. Enjoy!


We're here to help!

Scan here if you have any questions or concerns

2025 | CW01



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.

