



Pork & Veggie Mie Goreng

with Fried Egg & Crispy Shallots

HARMONY WEEK

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Egg Noodles



Capsicum



Carrot



Long Chilli (Optional)



Oyster Sauce



Kecap Manis



Chicken-Style Stock Powder



Pork Mince



Crispy Shallots



Chicken Mince

Prep in: 20-30 mins
Ready in: 30-40 mins

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 dinner a truly delicious way to celebrate Harmony Week!

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

Pantry items

Olive Oil, Soy Sauce, Rice Wine Vinegar, Eggs

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
egg noodles	1 medium packet	2 medium packets
capsicum	1	2
carrot	1	2
long chilli  (optional)	½	1
oyster sauce	1 packet (50g)	1 packet (100g)
kecap manis	1 packet	2 packets
chicken-style stock powder	1 medium sachet	1 large sachet
soy sauce*	½ tbs	1 tbs
rice wine vinegar*	½ tbs	1 tbs
eggs*	2	4
pork mince	1 small packet	1 medium packet
crispy shallots	1 medium packet	1 large packet
chicken mince**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3312kJ (792Cal)	641kJ (153Cal)
Protein (g)	42.7g	8.3g
Fat, total (g)	23.6g	4.6g
- saturated (g)	8.7g	1.7g
Carbohydrate (g)	109.2g	21.1g
- sugars (g)	44.6g	8.6g
Sodium (mg)	3399mg	658mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2940kJ (703Cal)	569kJ (136Cal)
Protein (g)	46.5g	9g
Fat, total (g)	11.9g	2.3g
- saturated (g)	4.2g	0.8g
Carbohydrate (g)	109.2g	21.1g
- sugars (g)	44.6g	8.6g
Sodium (mg)	3377mg	653mg

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.



Cook the noodles

- Boil the kettle.
- 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.



Cook the eggs & pork

- 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, **2-3 minutes**.
- Transfer to a plate and cover to keep warm.



Get prepped

- While the noodles are cooking, slice **capsicum** into strips. Thinly slice **carrot** into half-moons. Thinly slice **long chilli** (if using). Set aside.
- In a small bowl, combine **oyster sauce**, **kecap manis**, **chicken-style stock powder**, the **soy sauce**, the **rice wine vinegar** and a splash of water.



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**

Custom Recipe: If you've swapped to chicken mince, cook chicken mince in the same way as the pork mince.



Cook the veggies

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



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

2023 | CW11



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