



# JAPANESE STYLE STIR-FRIED HONEY-SESAME PORK

with Noodles & Peanuts



Pack flavour into pork



Pork Loin



Garlic



Ginger



Sesame Seeds



Broccoli



Red Capsicum



Spring Onion



Long Red Chilli  
(Optional)



Udon Noodles



Granulated Peanuts

**Pantry Staples:** Olive Oil, Water, Honey, Soy Sauce, Rice Wine Vinegar



Hands-on: **15 mins**  
Ready in: **35 mins**

Spicy (optional long red chilli)

Sometimes traditions are meant to be broken. This however, is not one of those times! Honey, soy and pork just belong together. Along with tasty saucy noodles and peanuts for crunch, this is a classic, easy to love dish.

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, garlic crusher, fine grater, medium bowl, large saucepan, tongs, colander, large frying pan, wooden spoon** and a **plate**.



### 1 MARINATE THE PORK

Dice the **pork** into 1 cm cubes. Peel and crush the **garlic**. Peel and finely grate the **ginger**. In a medium bowl, combine the pork cubes with the garlic, ginger, **honey, soy sauce, sesame seeds** and **rice wine vinegar**. Toss to coat the pork and set aside to marinate. **TIP:** *If you have the time, allow the pork to marinate for at least **10 minutes** for a more tender result.*



### 2 GET PREPPED

While the pork is marinating, bring a large saucepan of water to the boil. Cut the **broccoli** into 3 cm florets. Thinly slice the **red capsicum**. Finely slice the **spring onion** (keep the white and green parts separate). Finely slice the **long red chilli (if using)**.



### 3 COOK THE NOODLES & BROCCOLI

Add the **udon noodles** to the large saucepan of boiling water. **Note: Be sure to add the correct amount of noodles in order for your dish to be perfectly balanced, just the way we planned it!** Cook the noodles for **8 minutes**, or until just tender. In the **last 2 minutes** of noodle cooking time, add the **broccoli**. Drain the noodles and broccoli and refresh under cold water. Return to the saucepan and set aside.



### 4 COOK THE HONEY-SESAME PORK

While the noodles are cooking, heat a **drizzle of olive oil** in a large frying pan over a high heat. Once hot, add  $\frac{1}{2}$  of the **pork** to the pan (allow the excess marinade drip back into the bowl) and cook for **2-3 minutes**, tossing frequently, until browned and cooked through. Set aside and repeat with the remaining pork. **TIP:** *Cooking the pork in batches stops the pan from overcrowding and prevents the meat from stewing.*



### 5 ADD THE VEGGIES

Return the pan to a medium-high heat and pour in the **remaining honey-sesame marinade** from the bowl. Add the **water (check ingredients list for the amount)** and cook for **2-3 minutes**, or until the sauce begins to thicken. Add the **red capsicum** and **spring onion (white parts)** and cook for a further **1-2 minutes**, or until the capsicum is just tender. Return the **pork** to the pan and add the **udon noodles** and **broccoli**. Toss to coat and stir-fry for **1 minute** to warm through. **TIP:** *Add a splash of water if the sauce becomes too thick.*



### 6 SERVE UP

Divide the stir-fried honey-sesame pork, noodles and broccoli between bowls. Sprinkle the adults portion with the long red chilli (if using), spring onion (green parts) and **granulated peanuts**. **TIP:** *Some like it hot but if you don't, just hold back on the chilli.*

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
pork loin	1 packet
garlic	1 clove
ginger	1 knob
honey*	3 tbs
soy sauce*	2 tbs
sesame seeds	1 packet
rice wine vinegar*	1 tbs
broccoli	1 head
red capsicum	1
spring onion	1 bunch
long red chilli (optional)	1
udon noodles	2 packets (540 g)
water*	2 tbs
granulated peanuts	1 packet

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2670kJ (638Cal)	683kJ (163Cal)
Protein (g)	51.0g	13.0g
Fat, total (g)	10.5g	2.7g
- saturated (g)	1.7g	0.4g
Carbohydrate (g)	81.1g	20.8g
- sugars (g)	14.8g	3.8g
Sodium (g)	2330mg	596mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722  
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