

Quick Honey-Soy Pork & Konjac Noodles

with Mixed Veggies & Sesame Seeds

Grab your Meal Kit with this symbol



Capsicum



Carrot



Konjac Noodles



Baby Spinach Leaves



Mixed Sesame Seeds



Garlic Paste



Pork Mince



Ginger Paste

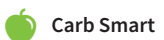


Japanese Dressing



Beef Mince

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



All you need is one pan to create an Asian fusion dish all from the comfort of your own kitchen. Slurp up the konjac noodles that are oozing with honey-soy flavours in every bite and then dive into the pork and veggie flavours that are all-time classics. You will be at the bottom of the bowl in no time.

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

Pantry items

Olive Oil, Soy Sauce, Honey

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
carrot	1	2
soy sauce*	3 tbs	½ cup
honey*	2 tbs	¼ cup
konjac noodles	1 medium packet	2 medium packets
garlic paste	1 packet	2 packets
pork mince	1 small packet	1 medium packet
ginger paste	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
Japanese dressing	1 packet	2 packets
mixed sesame seeds	1 medium sachet	1 large sachet
beef mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1917kJ (458Cal)	364kJ (87Cal)
Protein (g)	29.5g	5.6g
Fat, total (g)	25.3g	4.8g
- saturated (g)	6.1g	1.2g
Carbohydrate (g)	27.2g	5.2g
- sugars (g)	24.3g	4.6g
Sodium (mg)	1480mg	281mg
Dietary Fibre (g)	7.7g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1943kJ (464Cal)	369kJ (88Cal)
Protein (g)	32.9g	6.2g
Fat, total (g)	24.4g	4.6g
- saturated (g)	6.6g	1.3g
Carbohydrate (g)	27.2g	5.2g
- sugars (g)	24.3g	4.6g
Sodium (mg)	1482mg	281mg
Dietary Fibre (g)	7.7g	1.5g

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.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Roughly chop **capsicum**. Thinly slice **carrot** into half-moons.
- In a small bowl, combine **soy sauce** and **honey**.
- Drain and rinse **konjac noodles**.



Cook pork

- Return frying pan to a high heat with a drizzle of **olive oil**.
- Cook **pork mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Add **ginger paste** and cook until fragrant, **1 minute**.
- Add **honey-soy mixture, konjac noodles, baby spinach leaves** and **cooked veggies**, toss until warmed through, **1 minute**. Season.

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



Cook veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Add **capsicum** and **carrot** and cook until tender, **4-5 minutes**.
- Add **garlic paste** and cook until fragrant, **1 minute**. Season.
- Transfer to a bowl.



Serve up

- Divide Korean-style pork & konjac noodles and sesame veggies between bowls. Drizzle over **Japanese dressing**.
- Sprinkle over **mixed sesame seeds**. Enjoy!

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