

# Sichuan Pork Udon Noodles

with Coriander & Lime

Grab your Meal Kit with this symbol



Garlic



Ginger



Carrot



Zucchini



Capsicum



Lime



Coriander



Pork Mince



Udon Noodles



Sichuan Garlic Paste



Sesame Oil Blend



Beef Mince

Hands-on: 20-30 mins  
Ready in: 25-35 mins

Tender pork and and sweet capsicum are coated in a mouth-watering Sichuan garlic glaze tonight, with lime and coriander adding the finishing touch.



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

### Pantry items

Olive Oil, Soy Sauce



## 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 saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
ginger	1 knob	2 knobs
carrot	1	2
zucchini	1	2
capsicum	1	2
lime	½	1
coriander	1 bag	1 bag
pork mince	1 small packet	1 medium packet
udon noodles	1 packet	2 packets
Sichuan garlic paste	1 packet	2 packets
sesame oil blend	1 tub	2 tubs
soy sauce*	1 tbs	2 tbs
beef mince**	1 small packet	1 medium packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

### Base Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3133kJ (748Cal)	462kJ (110Cal)
Protein (g)	39.3g	5.8g
Fat, total (g)	34.9g	5.1g
- saturated (g)	7.8g	1.2g
Carbohydrate (g)	59.7g	8.8g
- sugars (g)	23.4g	3.5g
Sodium (mg)	1280mg	189mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3116kJ (744Cal)	459kJ (109Cal)
Protein (g)	42.9g	6.3g
Fat, total (g)	32.8g	4.8g
- saturated (g)	7.6g	1.1g
Carbohydrate (g)	59.7g	8.8g
- sugars (g)	23.4g	3.5g
Sodium (mg)	1293mg	191mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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## Get prepped

Finely grate the **garlic** and **ginger**. Thinly slice the **carrot** into half-moons. Cut the **zucchini** into thin sticks. Slice the **capsicum** into thin strips. Zest the **lime**, then cut into wedges. Roughly chop the **coriander**. Bring a large saucepan of **water** to the boil.



## Cook the noodles

While the pork is cooking, add the **udon noodles** to the boiling water, stirring to separate the noodles, and cook until softened, **2 minutes**. Drain and rinse.

**TIP:** Use a fork to help separate the noodles!



## Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, add the **carrot, zucchini and capsicum** and cook until tender, tossing, **6-7 minutes**. Transfer to a plate and cover to keep warm.



## Finish the noodles

Add the **veggies** and **noodles** to the frying pan with the **mince**. Remove from the heat and stir through the a squeeze of **lime juice** and the **zest, Sichuan garlic paste, sesame oil** and **soy sauce**.



## Cook the pork

Return the frying pan to a high heat with a drizzle of **olive oil**. Add the **pork mince** and cook, breaking up with a wooden spoon, until just browned, **3-4 minutes**. Add the **garlic** and **ginger** and cook until fragrant, **1 minute**.



## CUSTOM RECIPE

Replace the pork mince with your beef mince.



## Serve up

Divide the Sichuan pork noodles between bowls. Garnish with the coriander. Serve with the remaining lime wedges.

## Enjoy!