



# Vietnamese Pork & Konjac Noodles

with Sesame Veggies & Peanuts

Grab your Meal Kit with this symbol



Asian Greens



Zucchini



Carrot



Garlic



Oyster Sauce



Sweet Chilli Sauce



Konjac Noodles



Mixed Sesame Seeds



Crushed Peanuts

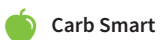


Ginger Paste



Pork Mince

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



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 and slippery noodles soak up wonderfully. The peanuts add extra crunch and nuttiness to complement the sesame seeds.

### 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 frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
Asian greens	1 bag	2 bags
zucchini	1	2
carrot	1	2
garlic	1 clove	2 cloves
oyster sauce	1 packet (50g)	1 packet (100g)
sweet chilli sauce	1 small packet	1 medium packet
<b>soy sauce*</b> <i>(for the sauce)</i>	2 tbs	¼ cup
konjac noodles	1 medium packet	1 large packet
ginger paste	1 medium packet	1 large packet
mixed sesame seeds	1 medium packet	1 large packet
<b>soy sauce*</b> <i>(for the veg)</i>	1 tsp	2 tsp
pork mince	1 small packet	1 medium packet
crushed peanuts	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1882kJ (450Cal)	336kJ (80Cal)
Protein (g)	31.9g	5.7g
Fat, total (g)	23.8g	4.3g
- saturated (g)	6.5g	1.2g
Carbohydrate (g)	24.7g	4.4g
- sugars (g)	18.3g	3.3g
Sodium (mg)	2259mg	404mg
Dietary Fibre (g)	7.7g	1.4g

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.

## We're here to help!

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## Get prepped

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

3



## 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 well to combine and heat through.

2



## Cook the sesame veggies

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

4



## Serve up

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

## Rate your recipe

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