



# Teriyaki Pork Stir-fry with mushrooms and pak choi

Calorie Smart Quick Cook 20-25 mins • Eat me first

12



Pork Mince



Mushrooms



Udon Noodles



Scallion



Garlic



Teriyaki Sauce



Pak Choi

Pantry Items: Water, Salt, Oil, Pepper

## Before you start

Our fruit, veg and herbs need a wash before you use them!

## Cooking tools you will need

Grater, Sieve

## Ingredients

|                | 2P       | 4P        |
|----------------|----------|-----------|
| Pork Mince     | 250 g    | 500 g     |
| Mushrooms      | 150 g    | 250 g     |
| Udon Noodles   | 300 g    | 600 g     |
| Scallion       | 1 unit   | 2 units   |
| Garlic         | 1 unit   | 2 units   |
| Teriyaki Sauce | 1 sachet | 2 sachets |
| Pak Choi       | 1 unit   | 2 units   |

## Nutrition

|                          | Per serving              | Per 100g                |
|--------------------------|--------------------------|-------------------------|
| for uncooked ingredients | 460 g                    | 100 g                   |
| Energy (kJ/kcal)         | 2265.1 kJ/<br>541.4 kcal | 492.4 kJ/<br>117.7 kcal |
| Fat (g)                  | 18.1 g                   | 3.9 g                   |
| Sat. Fat (g)             | 5.6 g                    | 1.2 g                   |
| Carbohydrate (g)         | 59.6 g                   | 13 g                    |
| Sugars (g)               | 13.6 g                   | 3 g                     |
| Protein (g)              | 35.3 g                   | 7.7 g                   |
| Salt (g)                 | 3.2 g                    | 0.7 g                   |

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

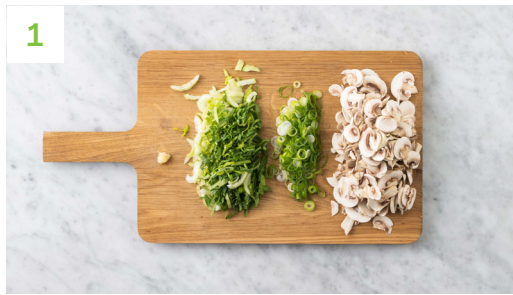
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

Thumbs up or thumbs down?  
Head online or use the app to  
rate this recipe.



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## Get Prepped

- Boil a large pot of **salted water** for the **noodles**.
- Trim the **pak choi** then thinly slice widthways.
- Peel and grate the **garlic** (or use a garlic press).
- Trim and thinly slice the **scallions**. Slice the **mushrooms**.

**TIP:** If you're in a hurry you can boil the water in your kettle.



## Cook the Noodles

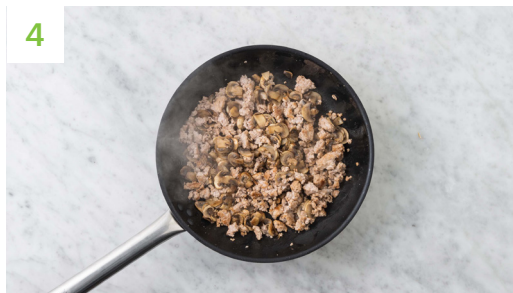
- Once the pot of **water** is boiling, add the **noodles** and bring back to the boil.
- Cook until softened, 1-2 mins.
- Once cooked, drain in a sieve. Set aside.

**TIP:** Run the noodles under cold water to stop them sticking together.



## Fry the Mushrooms

- Heat a drizzle of **oil** in a large pan on medium-high heat.
- Once the **oil** is hot, add the **mushrooms** and stir-fry until starting to brown, 3-4 mins.



## Add the Mince

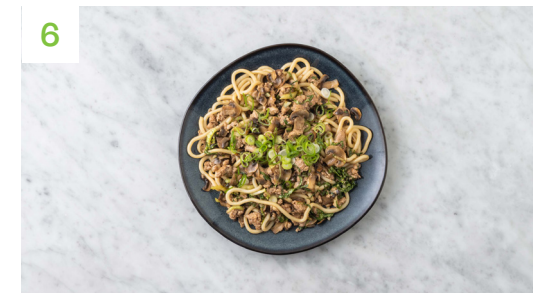
- Add the **pork mince** to the **mushrooms** and cook until browned, 5-6 mins.
- Use a spoon to break it up as it cooks then drain and discard any excess fat. **IMPORTANT:** Wash your hands after handling raw mince. The mince is cooked when no longer pink in the middle.



## Combine and Stir

- Add the **pak choi** and **garlic** to the **pork mince**. Stir-fry until slightly softened, 1-2 mins.
- Stir in the **teriyaki sauce** and 100ml **water** (double for 4p).
- Add the **noodles** to the teriyaki mixture. Stir together and cook until everything is piping hot, 1-2 mins.
- Season to taste with **salt** and **pepper**.

**TIP:** Add a splash of water if the noodles look a little dry.



## Garnish and Serve

- When everything is ready, serve the teriyaki **noodles** in bowls.
- Scatter the **scallion** on top.

**Enjoy!**