



hellofresh.com | hello@hellofresh.com



MAR 2016 Share your masterpiece! Tag your photos with #HelloFreshPics and share on You'll be entered into our weekly photo contest!

Pork Teriyaki

with Egg Noodles, Asparagus, and Sesame Seeds

Never buy bottled teriyaki sauce again! The flavors of ginger, garlic, soy, and honey make for a much better (and healthier) alternative. Fresh egg noodles cook up quickly and give take-out noodles a serious run for their money.



30 min



level 1



nut free



dairy free



Pork Chops



Egg Noodles



Asparagus



Garlic



Ginger



Soy Sauce



Honey



Sesame Seeds

Ingredients

		4 People
Pork Chops		24 oz
Egg Noodles	1) 2)	18 oz
Asparagus		12 oz
Garlic		4 cloves
Ginger		2 thumbs
Soy Sauce	3)	4 T
Honey		2 T
Sesame Seeds		2 T
Olive Oil*		1

*Not Included

Allergens

1) Eggs

2) Wheat

3) Soy

Tools

Large Pot, Peeler, Medium Bowl, Slotted Spoon, Strainer, Small Bowl, Large Pan

Ruler

0 in 1/4 in 1/2 in 3/4 in 1 in

Nutrition per person Calories: 758 cal | Fat: 18 g | Sat. Fat: 4 g | Protein: 48 g | Carbs: 101 g | Sugar: 26 g | Sodium: 1000 mg | Fiber: 6 g

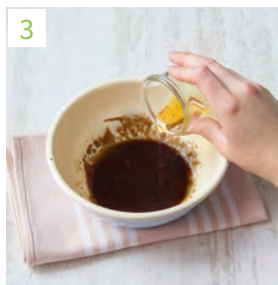
Make sure to wash and dry produce before prepping or cooking!



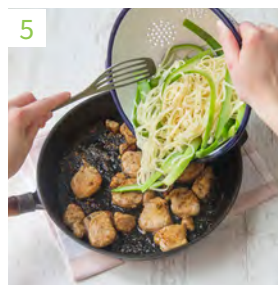
1 Prep the ingredients: Bring large pot of water with a large pinch of **salt** to a boil. Mince or grate the **garlic**. Peel and mince the **ginger**. Trim and discard the bottom inch from the **asparagus**, then split the asparagus length-wise. Prepare a medium bowl of ice water.



2 Cook the asparagus and egg noodles: Add the **asparagus** to the boiling water for 2-3 minutes, until tender, then remove with a slotted spoon and place in the ice water. Add the **noodles** to the boiling water and cook for 2-3 minutes, or until al dente. Drain.



3 Make the teriyaki sauce: In a small bowl, combine the **soy sauce** and **honey**.



4 Cook the pork: Thinly slice the **pork** into strips and season with **salt** and **pepper**. Heat a large drizzle of **oil** in a large pan over medium-high heat. Working in batches, add the **pork** to the pan and cook for 1-2 minutes per side, until browned. Remove from the pan and set aside.

5 Heat another drizzle of **oil** in the same pan over medium heat. Add the **ginger** and **garlic** to the pan and cook, tossing for about 30 seconds, until fragrant. Add the **noodles**, **teriyaki sauce**, **asparagus**, and **pork** to the pan and toss for 2-3 minutes, until the pork is cooked through. Season with **salt** and **pepper**.

6 Finish and plate: Serve the **pork teriyaki** sprinkled with **sesame seeds** and enjoy!