



# Teriyaki Pork Noodle Stir-fry with Roasted Aubergine

**Rapid** 20 Minutes • Medium Spice • 1 of your 5 a day

10



Aubergine



Chinese Five Spice



Bok Choy



Garlic



Spring Onion



Pork Mince



Egg Noodle Nest



Teriyaki Sauce

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Baking Tray, Saucepan, Garlic Press, Frying Pan, Wooden Spoon, Sieve, Measuring Jug, Bowl.

## Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Chinese Five Spice	1 small pot	1 large pot	1 large pot
Bok Choy**	1	2	2
Garlic**	1 clove	2 cloves	2 cloves
Spring Onion**	1	2	2
Pork Mince**	240g	360g	480g
Egg Noodle Nest			
<b>8) 13)</b>	2 nests	3 nests	4 nests
Teriyaki Sauce <b>11)</b>	100g	150g	200g
Water for the Sauce*	50ml	75ml	100ml

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	468g	100g
Energy (kJ/kcal)	2464 /589	527 /126
Fat (g)	18	4
Sat. Fat (g)	6	1
Carbohydrate (g)	72	15
Sugars (g)	24	5
Protein (g)	34	7
Salt (g)	3.33	0.71

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**8) Egg 11) Soya 13) Gluten**

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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## Roast the Aubergines

- Preheat your oven to 200°C.
- Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 1cm pieces.
- Pop the **aubergine pieces** onto a large baking tray. Drizzle with **oil**, sprinkle over the **Chinese Five spice** and season with **salt** and **pepper**. Toss to coat, then arrange in a single layer. Roast the **aubergine** on the top shelf until golden brown and soft, 18-20 mins, turning halfway through.



## Cook the Noodles

- Meanwhile, once the pan of **water** is boiling, add the **noodles** and cook until tender, 4 minutes. Once cooked, drain in a sieve. **TIP: Run the noodles under cold water to stop them sticking together.**
- Set aside.



## Finish the Prep

- Bring a large pan of **water** to the boil with ¼ tsp **salt** for the **noodles**.
- Trim the **bok choy** then thinly slice widthways.
- Peel and grate the **garlic** (or use a garlic press). Trim and thinly slice the **spring onions**



## Combine

- Stir the **bok choy** and **garlic** into the **pork mince**, stir-fry until just soft, 1-2 mins.
- Stir in the **teriyaki sauce** and **water** (see ingredients for amount), ensuring everything is well coated.
- Add the **noodles** to the **teriyaki mixture**. Stir together and cook until everything is piping hot, 1-2 mins.
- Taste and add **salt** and **pepper** if you feel it needs it. **Tip: Add a splash more water if the noodles look a little dry.**



## Start the Stir-fry

- Heat a drizzle of **oil** in a frying pan or wok on high heat.
- When the **oil** is hot, add the **pork mince** and fry, breaking it up with a spoon as it cooks, until browned, 5-6 mins. **IMPORTANT: The mince is cooked when no longer pink in the middle. TIP: Drain off any excess fat if necessary.**



## Serve

- Serve the **noodles** in bowls.
  - Top with the **roasted aubergine** and **spring onion** sprinkled on top.
- Enjoy!**

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.