

DINNERLY



Pork and Broccoli Noodles with Cashews



20-30 minutes



2 Servings

Starring free-range pork mince, crunchy broccoli and cashews in a moreish garlic and oyster sauce, these savoury egg noodles will disappear as it soon as they hit the table.

WHAT WE SEND

- 1 carrot
- 1½ tbs oyster sauce ^{1,2,4,11}
- 60ml (¼ cup) teriyaki sauce ^{1,6,17}
- free-range premium pork mince
- 1 packet dry egg noodles ^{1,3}
- 1 head broccoli
- 40g cashews ¹⁵

WHAT YOU NEED

- garlic clove
- vegetable oil

TOOLS

- medium saucepan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Shellfish (2), Egg (3), Fish (4), Soy (6), Sesame (11), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 745kcal, Fat 40.4g, Carbs 44.5g, Protein 46.3g



1. Prep ingredients

Bring a medium saucepan of water to the boil for the noodles. Peel the **carrot**, halve lengthwise and thinly slice on an angle. Thinly slice the **broccoli stem**, then cut the **broccoli head** into small florets. Crush or finely chop **2 garlic cloves**.



2. Cook noodles

Cook **half the noodles** (the remaining noodles won't be used in this dish) in the pan of boiling water for 3 mins or until tender. Reserve **60ml (¼ cup) cooking water**, then drain the noodles and rinse under cold running water to prevent them sticking.



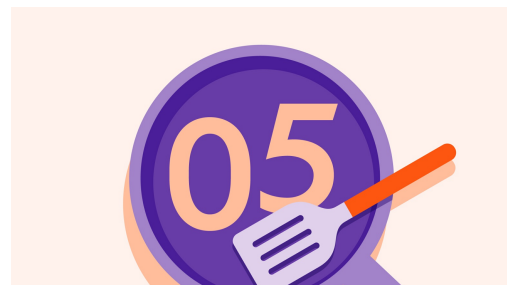
3. Cook pork mince

Meanwhile, heat **1 tbs vegetable oil** in a wok or deep frypan over medium-high heat. Stir-fry the **garlic** for 20-30 seconds until fragrant. Add the **pork mince** and cook, breaking up any lumps with a wooden spoon, for 3-4 mins until browned. Transfer to a bowl.



4. Stir-fry vegetables

Heat **1 tbs vegetable oil** in wok over medium-high heat. Stir-fry **carrot** and **broccoli stem** for 1 min. Add **reserved cooking water** and **broccoli florets** and stir-fry for 2 mins or until vegetables have softened but still have crunch. Add **pork**, **oyster sauce** and **1½ tbs teriyaki sauce** (remaining teriyaki sauce won't be used in this dish) and stir to combine.



5. Serve up

Add the **noodles** and cook, stirring to coat in the sauce, for 1 min or until warmed through. Divide the **pork and broccoli noodles** among bowls and scatter over the **cashews** to serve.



6. Make it yours

Amp up the zingy green factor by tossing in sliced spring onion and chopped coriander leaves just before you serve.