

DINNERLY



Pork and Broccoli Noodles with Cashews



20-30 minutes



4 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

- 2 carrots
- free-range premium pork mince
- 60ml oyster sauce ^{1,2,4}
- 2 heads broccoli
- 60ml (¼ cup) teriyaki sauce ^{1,6,17}
- 1 packet dry egg noodles ^{1,3}
- 80g 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), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 745kcal, Fat 40.4g, Carbs 44.3g, Protein 46.0g



1. Prep ingredients

Bring a large saucepan of water to the boil for the noodles. Peel the **carrots**, halve lengthwise and thinly slice on an angle. Thinly slice the **broccoli stems**, then cut the **broccoli head** into small florets. Crush or finely chop **3 garlic cloves**.



2. Cook noodles

Cook the **noodles** in the pan of boiling water for 3 mins or until tender. Reserve **125ml (½ 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 large 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.



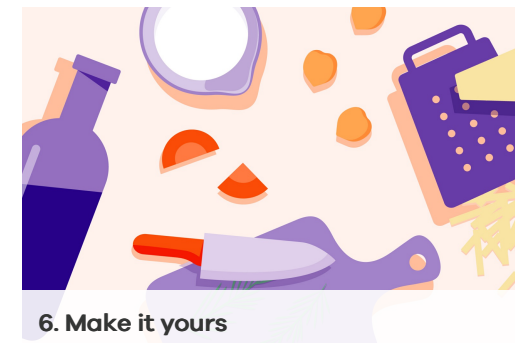
4. Stir-fry vegetables

Heat **1 tbs vegetable oil** in the wok over medium-high heat. Stir-fry the **carrot** and **broccoli stems** for 1 min. Add the **reserved cooking water** and **broccoli florets** and stir-fry for 2 mins or until the vegetables have softened but still have some crunch. Add the **pork, oyster sauce** and **teriyaki sauce** 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.