



**HELLO
FRESH**

Dan Dan Style Pork and Peanut Udon

with Pak Choi, Pepper and Mushrooms

High Protein

Preparation time : 20 min.



Pak Choi



Bell Pepper



Garlic Clove



Peanut Butter



Soy Sauce



Chilli Flakes



British Pork Mince



Hoisin Sauce



Sliced Mushrooms



Udon Noodles



Boiling Water



Honey



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/dan-dan-style-pork-and-peanut-udon-193>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Garlic Press, Kettle, Pan, Measuring Jug

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Pak Choi (unit(s))	1	2	2
Bell Pepper (unit(s))	1	2	2
Garlic Clove (unit(s))	2	3	4
Peanut Butter (grams)	30	60	60
Soy Sauce (milliliter(s))	20	30	40
Chilli Flakes (sachet(s))	1	2	2
British Pork Mince (grams)	240	360	480
Hoisin Sauce (grams)	60	90	120
Sliced Mushrooms (grams)	80	120	180
Udon Noodles (grams)	220	440	440
Boiling Water (milliliter(s))	75	100	150
Honey (tbsp)	1	2	2

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kj)	2900 kj
Energy (kcal)	693 kcal
Fat	35.9 g
of which saturates	11.4 g
Carbohydrate	55.4 g
of which sugars	22.2 g
Dietary Fibre	9 g
Protein	38.1 g
Salt	3.26 g

Allergens

Wheat, May contain traces of allergens, Soya, Celery, Cereals containing gluten, Cashew nuts, Peanut, Nuts

Always check the product labels for allergen information.



Get Prepped

- a) Boil a half-full kettle. Trim the **pak choy**, then separate the leaves. Cut any larger leaves in half lengthways down the middle.
- b) Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- c) Peel and grate the **garlic** (or use a garlic press).
- d) Put the **boiling water** (see pantry for amount) into a jug and add the **peanut butter, soy sauce, hoisin, chilli flakes** and **honey** (see pantry for amount). Mix together with a fork until combined.



Fry the Pork

- a) Heat a drizzle of **oil** in a frying pan on medium-high heat.
- b) Once hot, add the **pork mince** and **mushrooms**. Fry until browned, 5-6 mins.
- c) Use a spoon to break up the **mince** as it cooks. Season with **salt** and **pepper**. **IMPORTANT:** *Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.*



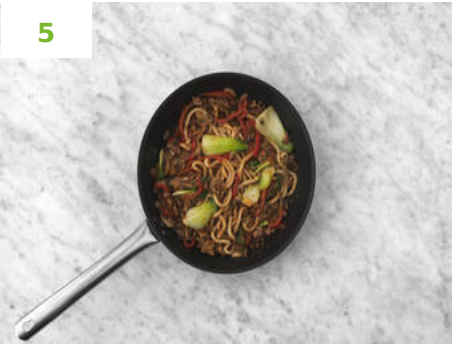
Add the Veg

- a) Once the **pork** is cooked, add the **sliced pepper** and **pak choy** to the pan and season with **salt** and **pepper**. Add a drizzle of **oil** if needed.
- b) Stir fry the **veg** with the **pork** until softened and slightly charred, 5-6 mins.
- c) Stir in the **garlic** and cook for 1 min more.



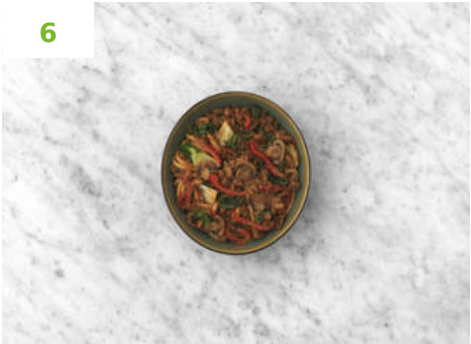
Add the Noodles

- a) Add the **udon noodles** to the pan.
- b) Toss to coat, using a fork to gently separate them. Stir fry until piping hot, 1-2 mins.



Add the Sauce

- a) Add your **Dan Dan sauce** to the pan and stir together. Simmer until piping hot, 1-2 mins.
- b) Add a splash of **water** if you feel it needs it.
- c) Remove from the heat, taste and add **salt** and **pepper** if needed.



Serve

- a) Share the **Dan Dan noodles** between bowls.

Enjoy your meal!