



# Gyoza-Inspired Pork Noodles

## with Cabbage and Sesame Seeds

20 Minutes

Customized Protein Add Swap or \*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Ground Turkey 250 g   500 g	Beyond Meat® 2   4
Ground Pork 250 g   500 g	Chow Mein Noodles 200 g   400 g
Sweet Bell Pepper 1   2	Green Cabbage, shredded 113 g   226 g
Green Onion 2   4	Ginger-Garlic Puree 2 tbsp   4 tbsp
Soy Sauce Mirin Blend 4 tbsp   8 tbsp	Sesame Seeds 9 g   18 g
Cornstarch 1 tbsp   2 tbsp	Miso Broth Concentrate 1   2
Sriracha 2 tsp   4 tsp	

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



Pantry items | Oil, salt, pepper

Cooking utensils | Large non-stick pan, large pot, measuring cups, medium bowl

1



## Prep

- Add **10 cups water** and **1 tbsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Meanwhile, core, then thinly slice **pepper**.
- Thinly slice **green onions**.
- Combine **soy sauce mirin blend, cornstarch, broth concentrate, ginger-garlic puree** and **½ cup** (⅔ cup) **water** in a medium bowl. Set aside.

2



## Toast sesame seeds

- Heat a large non-stick pan over medium-high heat.
- When hot, add **sesame seeds** to the dry pan. Toast, stirring often, until golden, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate.

3



## Stir-fry veggies

- Reheat the same pan over medium-high.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **peppers**. Cook, stirring often, until almost tender, 2-3 min.
- Add **cabbage**. Cook, stirring often, until **veggies** are tender, 2-3 min. Season with **salt** and **pepper**.
- Remove from heat, then transfer **veggies** to a plate. Cover to keep warm.

4



## Cook pork and sauce

Swap | Ground Turkey

Swap | Beyond Meat®

- Reheat the same pan over medium.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **pork**. Season with **salt** and **pepper**. Cook, breaking up **pork** into smaller pieces, until no pink remains, 4-5 min.\*\*
- Meanwhile, stir **sauce mixture** again to recombine.
- When **pork** is done, add **sauce mixture** to the pan with **pork**. Bring to a simmer.
- Cook, stirring often, until **sauce** thickens slightly, 2-3 min.

5



## Cook noodles

- Meanwhile add **chow mein noodles** to the **boiling water**. Cook uncovered until tender, 1-2 min.
- Reserve **½ cup** (1 cup) **noodle cooking water**. Drain **noodles**, then rinse under warm water.
- Return **noodles** to the same pot, off heat. Add **2 tsp** (4 tsp) **oil**, then gently toss to coat.
- Using a pair of scissors, make a few cuts inside the pot to cut up **noodles**.

6



## Finish and serve

- Add **noodles, veggies** and **half the reserved noodle water** to the pan with **pork** and **sauce**. Toss to combine. (**TIP:** If you prefer a lighter sauce, add more reserved noodle water, 1-2 tbsp at a time.)
- Divide **gyoza-inspired pork noodles** between bowls.
- Drizzle **sriracha** over top, if desired.
- Sprinkle **green onions** and **sesame seeds** over top.

Measurements  
within steps

1 tbsp (2 tbsp) oil  
2 person 4 person Ingredient

## 4 | Cook turkey and sauce

Swap | Ground Turkey

If you've opted to get **turkey**, add **1 tbsp** (2 tbsp) **oil** to the pan, then add **turkey**. Cook **turkey** in the same way the recipe instructs you to cook the **pork**.\*\*

## 4 | Cook Beyond Meat® and sauce

Swap | Beyond Meat®

If you've opted to get **Beyond Meat®**, cook it the same way as the **pork**, breaking up **patties** into smaller pieces, until crispy, 5-6 min.\*\*

\*\* Cook to a minimum internal temperature of 74°C/165°F.