

Superfast Asian-Spiced Pork Noodles

With Stir Fried Green Pepper

BALANCED 15 Minutes • Very Hot!







Egg Noodles





Thai Spice Blend



Green Pepper



Spring Onion







Ketjap Manis



Rice Vinegar

Before you start

Our fruit, veggies and herbs need a wash before vou use them!

Basic cooking tools you will need:

Saucepan, Colander and Large Frying Pan.

Ingredients

	2P	3P	4P	
Egg Noodles 8) 13)	2 nests	3 nests	4 nests	
Pork Mince**	240g	360g	480g	
Thai Spice Blend 3)	½ pot	¾ pot	1 pot	
Green Pepper**	1	2	2	
Spring Onion**	2	3	4	
Coriander**	1 bunch	1 bunch	1 bunch	
Lime**	1	1½	2	
Ketjap Manis 11) 13)	3 sachets	4 sachets	6 sachets	
Rice Vinegar	1 sachet	1½ sachets	2 sachets	
*Not Included ** Store in the Fridge				

Nutrition

	Per serving	Per 100g
for uncooked ingredients	366g	100g
Energy (kJ/kcal)	2843 /680	777/186
Fat (g)	28	8
Sat. Fat (g)	10	3
Carbohydrate (g)	80	22
Sugars (g)	28	8
Protein (g)	33	9
Salt (g)	2.35	0.64

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

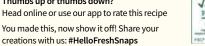
3) Sesame 8) Egg 11) Soya 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Cook the Noodles

- a) Fill and boil your kettle.
- b) Pop the **noodles** in a saucepan. Cover with boiling water and cook on medium heat until tender, 4 mins.
- c) When cooked, drain in a colander and run under cold water to stop the noodles cooking further.



2. Brown the Pork

- a) Meanwhile, heat a splash of oil in a large frying pan over high heat.
- **b)** Add the **pork** and sprinkle on the **Thai spice** (be careful it's spicy! Add less if you're not a fan of heat).
- c) Cook until browned, breaking it up with a wooden spoon as it cooks, 5-6 mins. IMPORTANT: The mince is cooked when it is no longer pink in the middle.



3. Prep Time

- a) While the pork is cooking, halve the pepper and remove the core and seeds. Slice into thin strips.
- **b)** Trim the **spring onions** then slice thinly.
- c) Roughly chop the coriander (stalks and all). Halve the lime.
- d) Add the green pepper to the pork and cook until softened, 3-4 mins.



4. Make the Sauce

- a) Mix the Ketjap Manis with the rice vinegar in a bowl.
- b) Squeeze in the lime juice.
- c) Add the spring onions to the pan and pour the sauce onto the pork.
- d) Bring to a simmer. Bubble for 2 mins.



5. Finish Off

- a) Stir the cooked **noodles** and **half** the **coriander** into the pork.
- b) Stir to coat the noodles and cook until everything is piping hot.



6. Serve

a) Share the **noodles** between your bowls and finish with a sprinkle of remaining coriander.

Enjoy!

BALANCED RECIPE

Low Sat Fat • High Protein

Featured Ingredient: Green peppers are a source of Vitamin C. Vitamin C acts as an antioxidant, which contributes to the protection of cells from oxidative stress.

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.

