



Superfast Asian-Spiced Pork Noodles

With Stir Fried Green Pepper

BALANCED 15 Minutes • Very Hot!

N° 17



Egg Noodles



Pork Mince



Thai Spice Blend



Green Pepper



Spring Onion



Coriander



Lime



Ketjap Manis



Rice Vinegar

Before you start

Our fruit, veggies and herbs need a wash before you 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.



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.



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.



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.



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.



6. Serve

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

Enjoy!

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.

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.