



Black Bean Pork Mince Noodles with Bell Pepper and Green Beans

Family 20 Minutes • 1 of your 5 a day

9



Egg Noodle Nest



Bell Pepper



Green Beans



Garlic Clove



Spring Onion



Pork Mince



Black Bean Sauce

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, colander, garlic press, frying pan and lid.

Ingredients

	2P	3P	4P
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Bell Pepper***	1	2	2
Green Beans**	80g	150g	150g
Garlic Clove**	2	3	4
Spring Onion**	1	2	2
Pork Mince**	240g	360g	480g
Black Bean Sauce 11)	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	395g	100g
Energy (kJ/kcal)	2710 /648	686 /164
Fat (g)	19.6	5.0
Sat. Fat (g)	6.4	1.6
Carbohydrate (g)	80.6	20.4
Sugars (g)	26.4	6.7
Protein (g)	34.7	8.8
Salt (g)	2.44	0.62

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

8) Egg 11) Soya 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Cook the Noodles

a) Bring a large saucepan of **water** to the boil with **¼ tsp salt**.

b) When boiling, add the **noodles** to the **water** and bring back to the boil. Cook until tender, 4 mins.

c) Once cooked, drain in a colander. **TIP:** Run the noodles under cold water to stop them sticking together.



Bring on the Veg

a) Pop the (now empty) pan back on medium-high heat. Add a drizzle of **oil** if needed.

b) Once hot, add the **green beans** and **pepper**. Stir-fry until starting to char, 2-3 mins.

c) Turn the heat down to medium, then add the **garlic** and stir-fry for 30 secs.

d) Add a splash of **water** and immediately cover with a lid or some foil. Cook until the **veg** is tender, 4-5 mins.



Get Prepped

a) While the **noodles** cook, halve the **pepper** and discard the core and seeds. Slice into thin strips.

b) Trim the **green beans** and cut into thirds.

c) Peel and grate the **garlic** (or use a garlic press).

d) Trim and thinly slice the **spring onion**.



Combine and Stir

a) Add the **cooked mince** back into the pan along with the **black bean sauce** and **water for the sauce** (see ingredients for amount).

b) Stir in the **cooked noodles** to coat them well, then reheat until piping hot, 1-2 mins. Add a splash of **water** if needed.

c) Remove from the heat.



Fry the Mince

a) Heat a drizzle of **oil** in a large frying pan on medium-high heat.

b) Once the **oil** is hot, add the **pork mince** and cook until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.

c) Once cooked, transfer the **mince** to a bowl.



Serve

a) Share the **black bean noodles** between your bowls.

b) Scatter over the **spring onion** to finish.

Enjoy!