



# Chinese Five Spice Pork Stir-Fry

with Sesame, Bok Choy and Egg Noodles



## HELLO GINGER

India is responsible for around half of the world's ginger exports.



Egg Noodles



Pork Mince



Spring Onion



Basil



Garlic Clove



Lime



Bok Choy



Chinese Five Spice



Easy Ginger



Chicken Stock Powder



Sesame Oil



Soy Sauce



Honey



White Sesame Seeds

MEAL BAG

🕒 25 mins

🍏 2 of your 5 a day

2



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Sieve, Frying Pan, Fine Grater** and **Measuring Jug**. Now, let's get cooking!



### 1 GET COOKING!

Boil your kettle. Fill a large saucepan with the boiling **water** along with a pinch of **salt**. Pop on high heat and once boiling, add the **noodles** and cook for 4 mins. Drain in a sieve and run under cold water to stop them sticking together. Meanwhile, heat a glug of **oil** in a frying pan over medium-high heat. When hot, add the **pork mince** and cook until browned, 4-5 mins. Break it up with a wooden spoon as it cooks.



### 2 PREP THE VEGGIES

Meanwhile, trim the **spring onion** then slice thinly. Pick the **basil leaves** from their stalks and roughly chop (discard the stalks). Peel and grate the **garlic** (or use a garlic press). Zest then halve the **lime**. Trim the **bok choy** then thinly slice widthways.



### 3 SIMMER THE PORK

Once the **pork** is browned, add the **Chinese five spice, garlic** and **easy ginger**. Stir and cook until fragrant then add the **water** (see ingredients for amount) and **stock powder**. Bring to the boil, stir to dissolve the **stock powder** then reduce the heat. Simmer until the **pork** is cooked through and the **sauce** has reduced by half, 3-4 mins.



### 4 COOK THE CHOY

Stir the **bok choy** and **half** the **spring onion** into the **pork mixture** until the **bok choy** is just wilted, 1-2 mins. Drizzle in a little **sesame oil**.



### 5 REHEAT THE NOODLES

When the **pork** and **bok choy** are ready, add the **noodles** to the frying pan and stir to combine. Cook for another minute until the **noodles** are piping hot. Stir in the **soy sauce, honey, half** the **basil, half** the **sesame seeds**, a pinch of **lime zest** and a squeeze of **lime juice**. Taste and add more **lime** if required. Season to taste with **salt** and **pepper** if needed.



### 6 SERVE

Share the **pork, bok choy** and **noodles** between you plates. Finish with the remaining **sesame seeds** and a drizzle of **sesame oil**. Sprinkle over your remaining **basil** and **spring onion**. **Tuck in!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Egg Noodles 8) 13)	2 nests	3 nests	4 nests
Pork Mince	225g	350g	450g
Spring Onion	2	3	3
Basil	½ bunch	1 bunch	1 bunch
Garlic Clove	1	2	2
Lime	1	1	2
Bok Choy	1 pack	2 packs	2 packs
Chinese Five Spice	½ pot	1 pot	1 pot
Easy Ginger	½ sachet	¾ sachet	1 sachet
Water*	150ml	200ml	300ml
Chicken Stock Powder	½ pot	¾ pot	1 pot
Sesame Oil 3)	½ sachet	¾ sachet	1 sachet
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Honey	1 sachet	2 sachets	2 sachets
White Sesame Seeds 3)	½ pot	½ pot	1 pot

\*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 344G	PER 100G
Energy (kcal)	597	174
(kJ)	2496	726
Fat (g)	25	7
Sat. Fat (g)	7	2
Carbohydrate (g)	59	17
Sugars (g)	11	3
Protein (g)	34	10
Salt (g)	3.58	1.04

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 and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### 👍 THUMBS UP OR THUMBS DOWN?

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