



PAN-FRIED PORK

with Nutty Noodle Soup



HELLO COCONUT

Coconut water was used in some WW2 medical emergencies instead of blood plasma!



Spring Onion



Ginger



Garlic Clove



Red Pepper



Lime



Pork Loin Steak



Red Thai Curry Paste



Coconut Milk



Chicken Stock Powder



Peanut Butter



Egg Noodles

MEAL BAG

Hands on: 10 mins
Total: 30 mins

Family Box

2 of your
5 a day

Very hot

BEFORE YOU START

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



1 PREP TIME!

Trim the **spring onion**. Finely chop both the white and green parts of the **spring onion** but keep them separate. Peel and grate the **ginger**. Peel and grate the **garlic** (or use a garlic press). Halve the **pepper** and discard the core and seeds. Slice into thin strips, then chop the strips in half widthways. Zest and halve the **lime**.



2 MARINATE THE PORK

Put the **lime zest** in a mixing bowl with the **olive oil** (see ingredient list for amount), and a large pinch of **salt** and **pepper**. Stir together then add the **pork steaks** to the bowl and mix so they are coated in the **mixture**. Leave to the side.



3 COOK THE VEGGIES

Heat a drizzle of **oil** in a large saucepan on medium heat. Once hot, add the **red pepper** and cook until slightly softened, stirring occasionally, 3 mins. Add the **spring onion whites**, **ginger**, **garlic** and **red Thai curry paste** (add less if you don't like spice... it's quite hot). Stir and cook for 2 more mins, then pour in the **coconut milk** and **water** (see ingredients for amount). Stir in the **stock powder** and **peanut butter**.



4 FRY THE PORK

Bring the **coconut mixture** to the boil, then reduce the heat and simmer for 10 mins. Meanwhile, heat a frying pan on medium-high heat. Once your pan is hot, lay in the **pork steaks** and cook for 4-5 mins on each side. **IMPORTANT:** *The pork is cooked when it is no longer pink in the middle.* Once cooked, remove the **pork** to a chopping board and cover with foil. Leave to rest for a few mins.



5 ADD THE NOODLES

Once the **coconut mixture** has been cooking for 10 mins, add in the **noodles** and bring back to a simmer. Stir to make sure they aren't clumping together, then simmer until the **noodles** are cooked, 4-5 mins. Remove from the heat. Squeeze **half the lime juice** into the **soup**, stir, taste and add more **lime juice** if you like things **limey!** Add **salt** and **pepper** if needed.



6 FINISH AND SERVE

Slice the **pork steaks** into as thin strips as you can manage. Ladle the **coconut noodle soup** into bowls and top with the **pork slices** and the **spring onion greens**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Spring Onion	2	3	4
Ginger	½ piece	¾ piece	1 piece
Garlic Clove	½ piece	¾ piece	1 piece
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Red Pepper	½	1	1
Lime	½	1	1
Pork Loin Steak	2	3	4
Red Thai Curry Paste	½ pot	¾ pot	1 pot
Coconut Milk	1 small tin	1 large tin	1 large tin
Water*	400ml	500ml	800ml
Chicken Stock Powder	½ pot	¾ pot	1 pot
Peanut Butter 1)	½ sachet	¾ sachet	1 sachet
Egg Noodles 8) 13)	2 nests	3 nests	4 nests

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 592G	PER 100G
Energy (kcal)	695	117
(kJ)	2906	491
Fat (g)	36	6
Sat. Fat (g)	22	4
Carbohydrate (g)	57	10
Sugars (g)	9	2
Protein (g)	37	6
Salt (g)	2.13	0.36

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

1) Peanut 8) Egg 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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