













Spiced Pork Noodles

with Stir-Fried Pepper, Lime and Peanuts

Rapid 20 Minutes • Mild Spice • 1 of your 5 a day

13



-  Egg Noodle Nest
-  Pork Mince
-  Indonesian Style Spice Mix
-  Bell Pepper
-  Spring Onion
-  Salted Peanuts
-  Lime
-  Ketjap Manis
-  Rice Vinegar
-  Honey

Pantry Items
Oil, Salt, Pepper

Before you start

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

Cooking tools

Kettle, saucepan, sieve, frying pan, rolling pin and bowl.

Ingredients

Ingredients	2P	3P	4P
Egg Noodle Nest 8 13	2 nests	3 nests	4 nests
Pork Mince**	240g	360g	480g
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
Bell Pepper***	1	2	2
Spring Onion**	2	3	4
Salted Peanuts 1	25g	40g	40g
Lime**	½	1	1
Ketjap Manis 11	50g	75g	100g
Rice Vinegar	15ml	22ml	30ml
Honey	15g	23g	30g

Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

*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

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	342g 3204 /766	100g 937 /224
Fat (g)	34.3	10.0
Sat. Fat (g)	11.1	3.2
Carbohydrate (g)	78.7	23.0
Sugars (g)	26.0	7.6
Protein (g)	36.7	10.7
Salt (g)	2.85	0.83

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

1) Peanut **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

- Fill and boil your kettle.
- Pour the **boiled water** into a medium saucepan with $\frac{1}{4}$ **tsp salt** on high heat.
- Add the **noodles** and cook until tender, 4 mins.
- Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



Sauce Things Up

- Meanwhile, in a small bowl, mix the **ketjap manis**, **rice vinegar**, **honey** and **water for the sauce** (see pantry for amount). Squeeze in the **lime juice**, then combine well. **TIP:** *If your honey has hardened, pop it in a bowl of hot water for 1 min.*
- Add the **spring onions** and **sauce mixture** to your **stir-fry**, then bring to the boil.
- Bubble until thickened and glossy, 2-3 mins.



Fry and Spice the Pork

- Meanwhile, heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **pork mince** and sprinkle over the **Indonesian style spice mix** (add less if you'd prefer things milder).
- Fry the **mince** until browned, 5-6 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** *Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.*



Combine and Stir

- When the **sauce** has thickened, add the **cooked noodles** and **half the peanuts**.
- Stir to coat the **noodles** in the **sauce** and cook until everything's piping hot, 1-2 mins.
- Taste and season with **salt** and **pepper** if needed.



Prep Time

- While the **pork** cooks, halve the **pepper** and remove the core and seeds. Slice into thin strips.
- Trim and thinly slice the **spring onions**.
- Crush the **peanuts** in the unopened sachet using a rolling pin. Halve the **lime**.
- Once the **mince** is cooked, drain and discard any excess fat. Add the **pepper** and cook until softened, 3-4 mins.



Serve

- Share the **pork noodles** between your bowls.
- Finish with a sprinkle of the remaining **peanuts** for those who'd like them.

Enjoy!