



Sriracha Pork Noodles

with Bok Choy and Sesame Seeds

Calorie Smart 30 Minutes • Little Heat • Under 600 Calories • 1 of your 5 a day

25



Garlic Clove



Ginger



Bok Choy



Spring Onion



Noodles



Sesame Seeds



Pork Mince



Star Anise



Sriracha



Pad Thai Paste

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Cater (or Garlic Press), Chopping Board, Sharp Knife, Saucepan, Sieve and Frying Pan

Ingredients

	2P	3P	4P
Garlic Clove**	2 cloves	3 cloves	4 cloves
Ginger**	½ piece	¾ piece	1 piece
Bok Choy**	2	3	4
Spring Onion**	1	2	2
Noodles 8) 13)	2 nests	3 nests	4 nests
Sesame Seeds 3)	1 small pot	1 small pot	1 large pot
Pork Mince**	250g	360g	480g
Star Anise	½	1	1
Sriracha	1 sachet	1½ sachets	2 sachets
Pad Thai Paste 11) 13)	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	376g	100g
Energy (kJ/kcal)	2423 /579	644 /154
Fat (g)	23	6
Sat. Fat (g)	7	2
Carbohydrate (g)	60	16
Sugars (g)	11	3
Protein (g)	34	9
Salt (g)	2.14	0.57

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 8) Egg 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Get Prepped

Peel and grate the **garlic** (or use a garlic press). Peel the **ginger** using a teaspoon, then grate it. Trim and halve the **bok choy** lengthways then thinly slice widthways. Trim and thinly slice the **spring onion**.



Cook the Noodles

Bring a saucepan of **water** up to the boil with a pinch of **salt** for the noodles. When boiling, add the **noodles** and cook for 4 mins. Drain in a sieve and drizzle with **oil** to prevent them from sticking together. Meanwhile, heat a large frying pan over medium heat (no oil) and add the **sesame seeds**. Cook, stirring regularly, until golden, 2-3 mins. **TIP:** Watch it like a hawk as it can burn easily. Transfer to a small bowl but don't wash the pan.



Cook the Pork

Drizzle some **oil** into the now empty pan over high heat. Once hot, add the **pork mince** and **star anise**, break up the **pork** with a wooden spoon as it cooks. Cook until the **pork** is browned all over, 5-6 mins. Add the **bok choy**, **ginger**, **garlic** and **half** the **spring onion** and stir-fry for 2 mins.



Add the Sauce

Add the **sriracha** and **Pad Thai paste** to the **pork** with the **water** (see ingredients for amount), mix well and simmer for 2-4 mins. **TIP:** Add a little less **sriracha** if you don't like it too spicy. **IMPORTANT:** The pork is cooked when it is no longer pink in the middle. Don't forget to remove the **star anise**!



Finish Up

Add the **cooked noodles** to the pan and toss to coat, heat through making sure everything is piping hot. Taste and add **salt** or **pepper** if needed.



Serve

Divide between bowls and scatter over the remaining **spring onion** and **sesame seeds**.

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.