



Superfast Asian Inspired Pork Noodles with Stir-Fried Green Pepper

Family 15 Minutes • Medium Spice • 1 of your 5 a day

11



Egg Noodle Nest



Pork Mince



Thai Style Spice Blend



Green Pepper



Spring Onion



Coriander



Lime



Ketjap Manis



Rice Vinegar



Honey

Before you start

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

Cooking tools, you will need:

Kettle, Saucepan, Colander, Frying Pan, Wooden Spoon, Bowl.

Ingredients

	2P	3P	4P
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Pork Mince**	240g	360g	480g
Thai Style Spice Blend 3)	1 pot	1 pot	1 pot
Green Pepper**	1	2	2
Spring Onion**	2	3	4
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	½	1	1
Ketjap Manis 11)	2 sachets	3 sachets	4 sachets
Rice Vinegar	1 sachet	2 sachets	2 sachets
Honey	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	348g	100g
Energy (kJ/kcal)	1820 /435	522 /125
Fat (g)	17	5
Sat. Fat (g)	6	2
Carbohydrate (g)	44	13
Sugars (g)	23	7
Protein (g)	26	7
Salt (g)	1.96	0.56

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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Cook the Noodles

- Fill and boil your kettle.
- Pop the **noodles** into a saucepan. Cover with **boiling water** and cook on medium heat until tender, 4 mins.
- When cooked, drain into a colander and run under **cold water** to stop the **noodles** cooking further.



Brown the Pork

- Meanwhile, heat a splash of **oil** in a large frying pan over high heat.
- Add the **pork** and sprinkle on the **Thai style spice blend** (add less if you don't like heat).
- Cook until browned, breaking it up with a spoon as it cooks, 5-6 mins. **IMPORTANT:** Wash your hands after handling raw mince.



Prep Time

- While the **pork** is cooking, halve the **pepper** and remove the core and seeds. Slice into thin strips.
- Trim and thinly slice the **spring onion**.
- Roughly chop the **coriander** (stalks and all). Halve the **lime**.
- Once browned, drain and discard any excess fat from the **pork**. Add the **green pepper** to the pan and cook until softened, 3-4 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



Make the Sauce

- Mix the **ketjap manis** with the **rice vinegar** and **honey** in a bowl. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min. Squeeze in the **lime juice**.
- Add the **spring onions** to the pan and pour the sauce onto the **pork**.
- Bring to a simmer. Bubble for 2 mins.



Finish Off

- Stir the **cooked noodles** and **half** the **coriander** into the **pork**.
- Stir to coat the **noodles** and cook until everything is piping hot.



Serve

- Share the **noodles** between your bowls and finish with a sprinkle of remaining **coriander**.

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.