



Superfast Thai Inspired Pork Noodles with Stir-Fried Pepper

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

11



Pork Mince



Thai Style Spice Blend



Bell Pepper



Spring Onion



Coriander



Lime



Egg Noodle Nest



Ketjap Manis



Rice Vinegar

Before you start

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

Cooking tools

Frying pan and bowl.

Ingredients

	2P	3P	4P
Pork Mince**	240g	360g	480g
Thai Style Spice Blend 3)	1 pot	1 pot	2 pots
Bell Pepper***	1	2	2
Spring Onion**	2	3	4
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	½	1	1
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Ketjap Manis 11)	2 sachets	3 sachets	4 sachets
Rice Vinegar	1 sachet	2 sachets	2 sachets
Sugar*	1 tsp	1½ tsp	2 tsp

*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

	Per serving	Per 100g
for uncooked ingredient	344g	100g
Energy (kJ/kcal)	1813 /433	527 /126
Fat (g)	18	5
Sat. Fat (g)	6	2
Carbohydrate (g)	43	12
Sugars (g)	21	6
Protein (g)	26	8
Salt (g)	1.97	0.57

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 8) Egg 11) Soya 13) 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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Brown the Pork

- Heat a drizzle of **oil** in a large frying pan on high heat.
- Bring a large saucepan of water to the boil with **¼ tsp salt** for the **noodles**.
- 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 and equipment after handling raw mince.



Add the Noodles

- Add the **spring onions** to the frying pan and pour the **sauce** onto the **pork**.
- Bring to a boil then lower the heat and simmer for 2 mins.
- Stir the **cooked noodles** into the pan with the **mince** and the **sauce**.



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**.
- When boiling, add the **noodles** to the **water** and bring back to the boil. Cook until tender, 4 mins. Once cooked, drain in a colander. **TIP:** Run the noodles under cold water to stop them sticking together.



Finish Off

- Stir **half** the **coriander** into the **pork**. **TIP:** Add a splash of water if you feel it needs it.



Make the Sauce

- Once browned, drain and discard any excess fat from the **pork**. Add the **pepper** to the pan and cook until softened, 3-4 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.
- Meanwhile, in a small bowl, combine the **ketjap manis**, **rice vinegar** and **sugar** (see ingredients for amount).
- Squeeze the **lime** into the bowl (see ingredients for amount).



Serve

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

Enjoy!