



Superfast Thai Inspired Pork Noodles

with Stir-Fried Green Pepper

26

Calorie Smart 20 Minutes • Medium Spice • 1 of your 5 a day • Under 650 Calories



Egg Noodle Nest



Pork Mince



Thai Style Spice Blend



Green Pepper



Spring Onion



Lime



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

Kettle, saucepan, colander, frying pan and bowl.

Ingredients

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	2 pots
Green Pepper**	1	2	2
Spring Onion**	2	3	4
Lime**	½	1	1
Ketjap Manis 11)	2 sachets	3 sachets	4 sachets
Rice Vinegar	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	337g	100g
Energy (kJ/kcal)	2379 /569	706 /169
Fat (g)	18.1	5.4
Sat. Fat (g)	6.3	1.9
Carbohydrate (g)	69.1	20.5
Sugars (g)	18.6	5.5
Protein (g)	31.5	9.4
Salt (g)	2.68	0.80

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

3) Sesame 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.

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Cook the Noodles

- Fill and boil your kettle.
- Pour the **boiling water** into a large saucepan on medium heat.
- 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.



Bring on the Sauce

- In a small bowl, combine the **ketjap manis** and **rice vinegar**. Squeeze in some **lime juice**.
- Add the **spring onions** and **sauce** to the pan.
- Bring to a simmer and bubble for 2 mins.



Brown the Pork

- Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.
- When the **oil** is hot, add the **pork** and sprinkle on the **Thai style spice blend** (add less if you don't like heat).
- Cook 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.



Finish Up

- Stir the **cooked noodles** into the **pork**.
- Stir to coat the **noodles** in the **sauce** and cook until everything is piping hot, 1-2 mins.



Add the Pepper

- While the **pork** is cooking, halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Trim and thinly slice the **spring onion**.
- 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.



Serve

- Share the **pork noodles** between your bowls.

Enjoy!