



SWEET & SOUR PORK

with Peppers, Noodles and Toasted Sesame Seeds



HELLO KETJAP MANIS

This sweet Indonesian soy sauce is thought to be where modern ketchup got its name from.



Red Pepper



Yellow Pepper



Spring Onion



Garlic Clove



Noodle Nest



Pork Loin Steak



Cornflour



Sesame Seeds



Rice Vinegar



Soy Sauce



Ketjap Manis



Tomato Ketchup

MEAL BAG

Hands on: **10 mins**
Total: **40 mins**

1.5 of your
5 a day

Family Box

Chefs in posh restaurants have been known to eject diners asking for ketchup but it has its place in plenty of dishes. Today ketchup is our secret ingredient! It brings a delicious sweet and sour note to a sauce for crispy-coated pork and stir-fried veggies and is actually used by lots of Chinese restaurant chefs!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Fine Grater** (or **Garlic Press**), **Colander, Mixing Bowl, Frying Pan** and some **Kitchen Paper**. Now, let's get cooking!



1 DO THE PREP

Put a large saucepan of water with a pinch of salt on to boil for the noodles. Halve, then remove the cores from the **peppers** and roughly chop into small pieces. Trim the **spring onion** then thinly slice. Peel and grate the **garlic** (or use a garlic press). Add the **noodles** to the boiling water and simmer until cooked, 4 mins. Drain in a colander then rinse under cold water to stop them cooking further.



4 FRY THE PORK

Pop the frying pan back on high heat and add a splash of **oil**. Line a plate with kitchen paper. When the **oil** is hot, add **half** the **pork**. Stir-fry until browned on the outside and no longer pink in the middle, 6-7 mins. Transfer to the lined plate. Add a little more **oil** to the pan and fry the remaining **pork** in the same way. **★ TIP:** *Cooking in batches = extra crispy!*



2 COAT THE PORK

Chop the **pork** into roughly 2cm cubes. **❗ IMPORTANT:** *Remember to wash your hands and equipment after handling raw meat.* Put the **cornflour** in a mixing bowl and season with a generous pinch of **salt** and **pepper**. Add the **pork** and toss to coat thoroughly.



5 COOK THE VEGGIES

Meanwhile, in a small bowl, mix the **rice vinegar** and **soy sauce** with the **ketjap manis** and **ketchup**. This is your **sauce**. Wash the frying pan you used for the **pork**, add another splash of **oil** and put it on medium heat. Stir-fry the **peppers** for 4 mins. Add the **garlic** and **half** the **spring onion**. Cook for another 1-2 mins. Add the **sauce** and bring to a simmer.



3 TOAST THE SEEDS

Put a frying pan on medium heat (no oil). Add the **sesame seeds** and toast until golden, 1-2 mins. **★ TIP:** *Toss and stir them regularly so they don't burn.* Remove from the pan and set aside. Wipe out your pan with some kitchen paper.



6 FINISH AND SERVE

Return the **pork** to the pan. Add the drained **noodles** and toss everything together. Lower the heat to medium and warm everything through. Taste and season with **salt** and **pepper** if needed. Serve in bowls. **⚡ TWIST IT UP:** *Sprinkle the remaining spring onion and the sesame seeds onto the adults' portions. Enjoy!*

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Red Pepper	1	1	2
Yellow Pepper	½	1	1
Spring Onion	1	2	3
Garlic Clove	1	2	2
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Pork Loin Steak	2	3	4
Cornflour	1 tbsp	1½ tbsp	2 tbsp
Sesame Seeds 3)	½ bag	¾ bag	1 bag
Rice Vinegar	1 sachet	1½ sachets	2 sachets
Soy Sauce 11) 13)	½ sachet	¾ sachet	1 sachet
Ketjap Manis 11) 13)	1½ sachets	2 sachets	3 sachets
Tomato Ketchup 10)	1 sachet	1½ sachets	2 sachets

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 378G	PER 100G
Energy (kcal)	600	159
(kJ)	2510	665
Fat (g)	16	4
Sat. Fat (g)	5	1
Carbohydrate (g)	77	20
Sugars (g)	23	6
Protein (g)	38	10
Salt (g)	3.02	0.80

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

3) Sesame 8) Egg 10) Celery 11) Soya 13) Gluten

🧼 *Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.*

👍 THUMBS UP OR THUMBS DOWN?

Head online or use our app to rate this recipe or get in touch via: hello@hellofresh.co.uk

You made this, now show it off! Share your creations with us:

#HelloFreshSnaps

HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

Packed in the UK

