



Indonesian Inspired Pork Noodles

with Stir-Fried Pepper, Lime and Peanuts

14

Rapid 20 Minutes • Mild Spice • 1 of your 5 a day



Egg Noodle Nest



Pork Mince



Indonesian Style Spice Mix



Bell Pepper



Salted Peanuts



Lime



Ketjap Manis



Rice Vinegar



Honey



Beef Mince

Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Kettle, saucepan, sieve, frying pan, rolling pin and bowl.

Ingredients

Ingredients	2P	3P	4P
Egg Noodle Nest 8 13	125g	188g	250g
Pork Mince**	240g	360g	480g
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
Bell Pepper***	1	2	2
Salted Peanuts 1	25g	40g	40g
Lime**	½	1	1
Ketjap Manis 11	50g	75g	100g
Rice Vinegar	15ml	22ml	30ml
Honey	15g	23g	30g
Beef Mince**	240g	360g	480g

Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

*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

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	322g	100g	322g	100g
Energy (kJ/kcal)	3176 /759	987 /236	2950 /705	916 /219
Fat (g)	34.2	10.6	27.6	8.6
Sat. Fat (g)	11.1	3.4	9.8	3.0
Carbohydrate (g)	77.9	24.2	77.7	24.1
Sugars (g)	25.3	7.9	25.1	7.8
Protein (g)	36.2	11.3	39.5	12.3
Salt (g)	2.80	0.87	2.85	0.89

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

1) Peanut **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.

Contact

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Cook the Noodles

- Fill and boil your kettle.
- Pour the **boiled water** into a medium saucepan with $\frac{1}{4}$ **tsp salt** on high heat.
- Add the **noodles** and cook until tender, 4 mins.
- Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



Sauce Things Up

- Meanwhile, in a small bowl, mix the **ketjap manis** with the **rice vinegar**, **honey** and **water for the sauce** (see pantry for amount). Squeeze in the **lime juice**, then combine well. **TIP:** *If your honey has hardened, pop it in a bowl of hot water for 1 min.*
- Once the **pepper** has softened, add the **sticky sauce** to the pan and bubble until thickened and glossy, 2-3 mins.



Fry and Spice the Pork

- Meanwhile, heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **pork mince** and sprinkle over the **Indonesian style spice mix**.
- Fry the **mince** 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. It's cooked when no longer pink in the middle.*

CUSTOM RECIPE

If you've chosen to get **beef mince** instead of **pork**, cook the recipe in the same way.



Combine and Stir

- When the **sauce** has thickened, add the **cooked noodles** and **half the peanuts**.
- Stir to coat the **noodles** in the **sauce** and cook until everything's piping hot, 1-2 mins.
- Taste and season with **salt** and **pepper** if needed. Add a splash more **water** if the **noodles** look a little dry.



Prep Time

- While the **pork** cooks, halve the **bell pepper** and remove the core and seeds. Slice into thin strips.
- Crush the **peanuts** in the unopened sachet using a rolling pin. Halve the **lime** (see ingredients for amount).
- Once the **mince** is cooked, drain and discard any excess fat. Add the **sliced pepper** and cook until softened, 3-4 mins.



Serve

- Share the **pork noodles** between your bowls.
- Finish with a sprinkle of the remaining **peanuts** for those who'd like them.

Enjoy!