



Stir-Fried Honey Pork Noodles with Tenderstem® Broccoli and Carrot Ribbons

Family 25-30 Minutes • 1 of your 5 a day

3



Carrot



Tenderstem® Broccoli



Garlic Clove



Egg Noodle Nest



Pork Mince



Soy Sauce



Ketjap Manis



Honey



Beef Mince

Pantry Items

Oil, Salt, Pepper, Tomato Ketchup

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.

Cooking tools

Saucepan, peeler, garlic press, sieve, frying pan, bowl and lid.

Ingredients

Ingredients	2P	3P	4P
Carrot**	1	1	2
Tenderstem Broccoli**	80g	150g	150g
Garlic Clove**	2	3	4
Egg Noodle Nest 8) 13)	125g	187g	250g
Pork Mince**	240g	360g	480g
Soy Sauce 11) 13)	25ml	40ml	50ml
Ketjap Manis 11)	50g	75g	100g
Honey	15g	22g	30g
Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Tomato Ketchup*	1½ tbsp	2¼ tbsp	3 tbsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	366g	100g	366g	100g
Energy (kJ/kcal)	2990 / 715	818 / 196	2764 / 661	756 / 181
Fat (g)	27.6	7.6	21.0	5.7
Sat. Fat (g)	10.2	2.8	8.9	2.4
Carbohydrate (g)	79.7	21.8	79.5	21.7
Sugars (g)	28.7	7.9	28.5	7.8
Protein (g)	36.3	9.9	39.6	10.8
Salt (g)	5.55	1.52	5.60	1.53

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

Allergens

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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Get Prepped

Bring a large saucepan of **water** to the boil with **¼ tsp salt** for the **noodles**.

Trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.

Cut the **Tenderstem® broccoli** into thirds. Peel and grate the **garlic** (or use a garlic press).



Stir-Fry the Veg

Once the **mince** is cooked, transfer it to a bowl and cover to keep warm.

Wipe out your (now empty) frying pan and return to medium-high heat with a drizzle of **oil**.

Once hot, add the **Tenderstem®** and stir-fry for 2-3 mins, then add the **carrot ribbons** and **garlic** and stir-fry for 30 secs more.

Add a splash of **water**, then cover with a lid (or foil) and allow to cook until tender, 2-3 mins more. Season with **salt** and **pepper**.



Cook the Noodles

When your pan of **water** is boiling, 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

While the **veg** cooks, in a small bowl, combine the **soy sauce**, **ketjap manis**, **honey**, **tomato ketchup** and **water for the sauce** (see pantry for both amounts) with **half** the **sesame seeds**. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

Once the **veg** is cooked, add the **cooked mince** and **noodles** to the pan.

Pour in the **sticky sauce** and stir together until piping hot, 2-3 mins.



Fry the Mince

Meanwhile, heat a large frying pan on medium-high heat (no oil).

Once hot, add the **pork mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.

Season with **salt** and **pepper**. **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.



Serve

When ready, share the **honey pork noodles** between your bowls.

Enjoy!