



# Thai Inspired Pork and Noodle Stir-Fry with Carrot and Green Beans

Super Quick 15 Minutes • Mild Spice • 1 of your 5 a day

8



Carrot



Pork Mince



Green Beans



Red Thai Style Paste



Egg Noodle Nest



Ketjap Manis



Beef Mince

#### Pantry Items

Oil, Salt, Pepper, Sugar

#### 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, frying pan and saucepan.

## Ingredients

Ingredients	2P	3P	4P
Carrot**	1	2	2
Pork Mince**	240g	360g	480g
Green Beans**	80g	150g	150g
Red Thai Style Paste	50g	75g	100g
Egg Noodle Nest 8) 13)	125g	187g	250g
Ketjap Manis 11)	50g	75g	100g
Beef Mince**	240g	360g	480g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	50ml	75ml	100ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	353g	100g	353g	100g
Energy (kJ/kcal)	2997 / 716	849 / 203	2771 / 662	786 / 188
Fat (g)	31.8	9.0	25.2	7.1
Sat. Fat (g)	10.5	3.0	9.2	2.6
Carbohydrate (g)	73.6	20.8	73.3	20.9
Sugars (g)	22.9	6.5	22.6	6.5
Protein (g)	33.7	9.5	37.0	10.6
Salt (g)	3.92	1.11	3.97	1.12

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, cereals containing 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

- Boil a full kettle.
- Meanwhile, trim and halve the **carrot**. Slice into 1cm pieces.
- Trim and halve the **green beans**.

3



## Cook Noodles

- Meanwhile, pour the **boiled water** into a saucepan with **½ tsp salt** on high heat.
- Boil the **noodles**, 4 mins.
- Once cooked, drain and run under **cold water**.

2



## Fry Time

- Heat a frying pan on high heat (no oil).
- Once hot, fry the **pork mince** and **carrot**, 6-8 mins.
- Break up the mince as it cooks, then drain the fat. Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.
- Next, add the **green beans** and **red Thai style paste** to the **pork**. Stir-fry, 1 min.

## CUSTOM RECIPE

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

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## Dinner's Ready!

- Add the **noodles**, **ketjap manis**, **sugar** and **water** (see pantry for both). Stir together, then remove from the heat.
- Taste and season with **salt** and **pepper** if needed.
- Serve in bowls.

## Enjoy!