



Thai Inspired Pork and Noodle Stir-Fry with Carrot Ribbons and Sugar Snaps

Quick 20 Minutes • **Mild Spice** • 1 of your 5 a day

14



Sugar Snap Peas



Carrot



Garlic Clove



Pork Mince



Egg Noodle Nest



Red Thai Style Paste



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

Peeler, garlic press, frying pan, saucepan and sieve.

Ingredients

Ingredients	2P	3P	4P
Sugar Snap Peas**	80g	150g	150g
Carrot**	1	2	2
Garlic Clove**	2	3	4
Pork Mince**	240g	360g	480g
Egg Noodle Nest 8) 13)	125g	187g	250g
Red Thai Style Paste	50g	75g	100g
Ketjap Manis 11)	50g	75g	100g
Beef Mince**	240g	360g	480g

Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	75ml	120ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	371g	100g	371g	100g
Energy (kJ/kcal)	3021 / 722	815 / 195	2795 / 668	754 / 180
Fat (g)	31.7	8.5	25.1	6.8
Sat. Fat (g)	10.4	2.8	9.2	2.5
Carbohydrate (g)	74.8	20.2	74.5	20.1
Sugars (g)	23.2	6.3	23.0	6.2
Protein (g)	34.6	9.3	37.9	10.2
Salt (g)	3.92	1.06	3.97	1.07

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

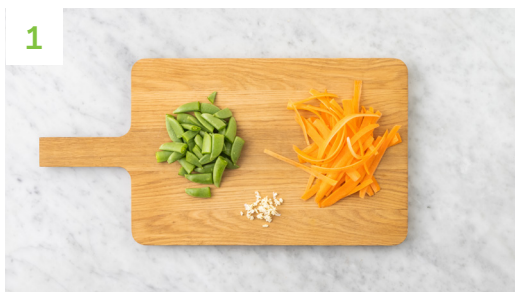
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Get Prepped

- Slice the **sugar snap peas** in half lengthways.
- Trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.
- Peel and grate the **garlic** (or use a garlic press).



Cook the Pork

- 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.



Build the Flavour

- Once the **pork** has browned, add the **sugar snaps**, **red Thai style paste** and **garlic** to the pan.
- Stir-fry until fragrant, 1 min.



Combine and Stir

- Add the **ketjap manis**, **sugar** and **water for the sauce** (see pantry for both amounts) to the pan. Stir to combine and bring to the boil.
- Add the **cooked noodles** and **carrot ribbons**. Toss to coat, adding a splash of **water** to loosen if needed. Remove from the heat.
- Taste and season with **salt** and **pepper** if needed.



Bring on the Noodles

- While the **pork** browns, bring a large saucepan of **water** to the boil with ½ **tsp salt**.
- When boiling, add the **noodles** to the **water** and bring back to the boil. Cook until tender, 4 mins.
- Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



Serve

- When ready, share the **pork noodle stir-fry** between your bowls.

Enjoy!