



Indonesian Inspired Pork Noodles

with Stir-Fried Pepper, Pak Choi, Lime and Peanuts

Quick 20-25 Minutes • **Mild Spice** • 1 of your 5 a day

47



Bell Pepper



Pak Choi



British Pork Mince



Egg Noodle Nest



Indonesian Style Spice Mix



Ketjap Manis



Rice Vinegar



Honey



Salted Peanuts



Lime



British 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, frying pan, saucepan, sieve and rolling pin.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Pak Choi**	1	2	2
British Pork Mince**	240g	360g	480g
Egg Noodle Nest 8 13)	125g	187g	250g
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
Ketjap Manis 11)	50g	75g	100g
Rice Vinegar	15ml	22ml	30ml
Honey	15g	22.5g	30g
Salted Peanuts 1)	25g	40g	40g
Lime**	½	1	1
British 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	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	412g	100g	412g	100g
Energy (kJ/kcal)	3183 / 761	773 / 185	2957 / 707	718 / 172
Fat (g)	34.3	8.3	27.7	6.7
Sat. Fat (g)	11.3	2.7	10.0	2.4
Carbohydrate (g)	76.7	18.6	76.5	18.6
Sugars (g)	26.9	6.5	26.7	6.5
Protein (g)	37.1	9.0	40.3	9.8
Salt (g)	3.18	0.77	3.18	0.77

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, mollusc, 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. Be careful when adding water to hot pans while cooking.

 You can recycle me!

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Fry the Pork

- Boil a full kettle.
- Halve the **bell pepper** and remove the core and seeds. Slice into thin strips. Trim the **pak choi**, then separate the **leaves**. Cut any larger **leaves** in half lengthways down the middle.
- Heat a large frying pan on medium-high heat (no oil). Once hot, add the **pork mince** and **sliced pepper**. Fry until browned and tender, 5-6 mins. Use a spoon to break up the mince as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw mince.

CUSTOM RECIPE

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



Finish the Prep

- Meanwhile, crush the **peanuts** in the unopened sachet using a rolling pin.
- Halve the **lime** (see ingredients for amount).



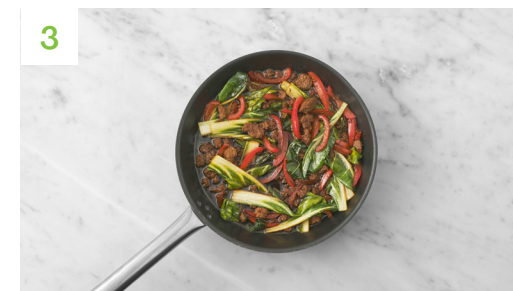
Cook the Noodles

- Meanwhile, pour the **boiled water** into a medium saucepan with $\frac{1}{2}$ **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.



Combine and Stir

- When the **sauce** has thickened, add the **cooked noodles**, a good squeeze of **lime juice** and **half the peanuts** to the pan.
- Stir to coat the **noodles** in the **sauce** and cook until 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.



Add the Flavour

- Once the **mince** is cooked, drain and discard any excess fat. **IMPORTANT:** The mince is cooked when no longer pink in the middle.
- Add the **Indonesian style spice mix** and **pak choi**. Cook until fragrant, 1 min.
- Stir in the **ketjap manis**, **rice vinegar**, **honey** and **water for the sauce** (see pantry for amount). Bring to the boil, then simmer, 3-4 mins. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.



Serve

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

Enjoy!