



# Indonesian Inspired Pork Noodles

with Stir-Fried Pepper, Lime and Peanuts

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

3



Bell Pepper



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

↔ Swap to Beef Mince

If you chose to swap to beef mince, 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
British Pork Mince**	240g	360g	480g
Egg Noodle Nest <b>8</b> <b>13</b> )	125g	187g	250g
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
Ketjap Manis <b>11</b> )	50g	75g	100g
Rice Vinegar	15ml	22ml	30ml
Honey	15g	22g	30g
Salted Peanuts <b>1</b> )	25g	40g	40g
Lime**	½	1	1
British Beef Mince**	240g	360g	480g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
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	347g	100g	345g	100g
Energy (kJ/kcal)	3145 / 752	907 / 217	2919 / 698	842 / 201
Fat (g)	34.2	9.9	27.6	8.0
Sat. Fat (g)	11.3	3.3	10.0	2.9
Carbohydrate (g)	75.5	21.8	75.2	21.7
Sugars (g)	25.9	7.5	25.7	7.4
Protein (g)	36.1	10.4	39.4	11.3
Salt (g)	3.12	0.90	3.12	0.90

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.

## Contact

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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.
- 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.

↔ Swap to Beef Mince

If you've chosen to get **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.



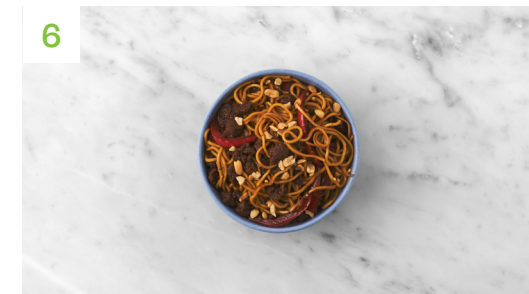
## Combine and Stir

- 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 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!