



Quick Indonesian Inspired Pork Noodles

with Stir-Fried Pepper, Carrot and Sesame Seeds

13

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



Bell Pepper



Carrot



Garlic Clove



British Pork Mince



Egg Noodle Nest



Ginger Puree



Indonesian Style Spice Mix



Ketjap Manis



Soy Sauce



Honey



Roasted White Sesame Seeds



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, garlic press, frying pan, saucepan and sieve.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Carrot**	1	2	2
Garlic Clove**	2	3	4
British Pork Mince**	240g	360g	480g
Egg Noodle Nest 8 13	125g	187g	250g
Ginger Puree	15g	22g	30g
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
Ketjap Manis 11	50g	75g	100g
Soy Sauce 11 13	15ml	25ml	30ml
Honey	15g	22g	30g
Roasted White Sesame Seeds 3	5g	7g	10g

British Beef Mince**	240g	360g	480g
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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	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	385g	100g	385g	100g
Energy (kJ/kcal)	3067 /733	797 /190	2841 /679	738 /176
Fat (g)	29.3	7.6	22.7	5.9
Sat. Fat (g)	10.4	2.7	9.2	2.4
Carbohydrate (g)	81.9	21.3	81.6	21.2
Sugars (g)	28.9	7.5	28.7	7.4
Protein (g)	35.5	9.2	38.8	10.1
Salt (g)	4.74	1.23	4.74	1.23

Nutrition for uncooked ingredients based on 2 person recipe.


Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3 Sesame **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 and halve the **carrot**, then slice into 1cm thick rounds (no need to peel). Peel and grate the **garlic** (or use a garlic press).
- Heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **pork mince, carrot and sliced pepper**. Fry until browned and tender, 7-8 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 **beef mince** instead of **pork**, cook the recipe in the same way.



Finish the Sauce

- Stir in the **ketjap manis, soy, honey** and **water for the sauce** (see pantry for amount). **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.
- Bring to the boil, then simmer, 3-4 mins.



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.



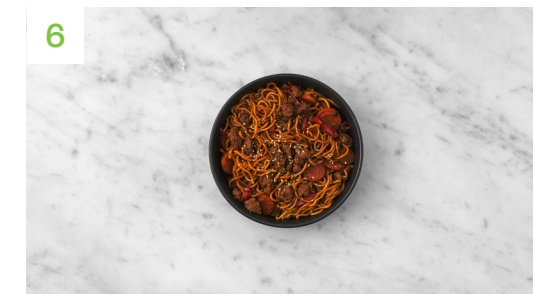
Add the Flavour

- 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 **ginger puree, Indonesian style spice mix** and **garlic** and cook until fragrant, 1 min.



Combine and Stir

- When the **sauce** has thickened, add the **cooked noodles**.
- 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.



Serve

- Share the **pork noodles** between your bowls.
- Finish by sprinkling over the **sesame seeds**.

Enjoy!