



# Speedy Thai Inspired Pork Noodles

with Stir-Fried Pepper and Carrot Ribbons

10

Family 20 Minutes • Medium Spice • 1 of your 5 a day



Egg Noodle Nest



Green Pepper



British Pork Mince



Thai Style Spice Blend



Lime



Carrot



Ketjap Manis



Honey



Soy Sauce



Black Sesame Seeds



British Beef Mince

### Recipe Update

Due to challenges with our supplier, you'll receive **black sesame seeds** instead of **roasted white sesame seeds**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

### Pantry Items

Oil, Salt, Pepper, Tomato Ketchup

### ↔ 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, saucepan, sieve, frying pan, peeler and bowl.

## Ingredients

Ingredients	2P	3P	4P
Egg Noodle Nest <b>8</b> <b>13</b>	125g	187g	250g
Green Pepper**	1	2	2
British Pork Mince**	240g	360g	480g
Thai Style Spice Blend	1 sachet	1 sachet	2 sachets
Lime**	½	1	1
Carrot**	1	1½	2
Ketjap Manis <b>11</b>	50g	75g	100g
Honey	15g	22g	30g
Soy Sauce <b>11</b> <b>13</b>	25ml	40ml	50ml
Black Sesame Seeds <b>3</b>	5g	7g	10g
British Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp

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

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	388g	100g	388g	100g
Energy (kJ/kcal)	3093/739	798/191	2862/684	739/177
Fat (g)	28.9	7.5	22.3	5.8
Sat. Fat (g)	10.4	2.7	9.1	2.3
Carbohydrate (g)	83.8	21.6	83.6	21.6
Sugars (g)	30.5	7.9	30.2	7.8
Protein (g)	35.2	9.1	38.8	10.0
Salt (g)	5.80	1.50	5.80	1.50

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.

## Contact

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## Cook the Noodles

- Boil a full kettle.
- Pour the **boiled water** into a medium saucepan with **½ tsp salt** and bring to the boil.
- 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.



## Pork and Pepper Time

- Meanwhile, halve the **green pepper** and discard the core and seeds. Slice into thin strips.
- Heat a drizzle of **oil** in large frying pan on high heat.
- Once hot, add the **pork** and **sliced pepper**, then sprinkle over the **Thai style spice blend** (add less if you'd prefer things milder).
- Fry until the **mince** is browned and the **pepper** has softened, 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 **beef mince** instead of **pork**, cook the recipe in the same way.



## Add the Sauce

- Once the **mince** has browned, drain and discard any excess fat from the **pork**. **IMPORTANT:** The mince is cooked when no longer pink in the middle.
- Add the **sauce** and **carrot ribbons** to the **mince**.
- Simmer until the **sauce** has thickened, 1-2 mins.



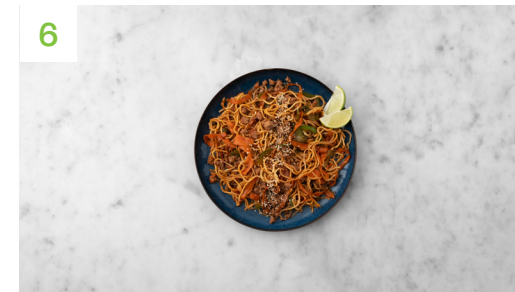
## Finish Up

- Add the **cooked noodles** to the **mince**.
- Stir to coat the **noodles** in the **sauce** and cook until everything's piping hot, 1 min.
- Add a splash of **water** if you feel it needs it.



## Finish the Prep

- Meanwhile, cut the **lime** (see ingredients for amount) into wedges. Trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.
- In a small bowl, combine the **ketjap manis**, **honey**, **soy** and **ketchup** (see pantry for amount). Add a good squeeze of **lime juice** from a **lime wedge** and mix well. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.



## Serve

- Share the **Thai inspired pork noodles** between your bowls.
- Sprinkle over the **sesame seeds**.
- Serve with any remaining **lime wedges** for squeezing over.

## Enjoy!