



**More Than Food**  
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within  
2 days



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## Hoisin Pork with Noodles, Peppers and Beansprouts

A lot of people think of duck when they hear the word hoisin. But hoisin sauce is incredibly versatile and it's delicious on a lot of things - including pork. Don't believe us? Just give our hoisin pork with noodles, peppers and beansprouts a go, and you'll be eating your hat as well!

40 mins

family box

lactose free

healthy

spicy



Egg Noodle Nest (3)



Green Pepper (2)



Red Onion (1)



Carrot (1)



Garlic Clove (1)



Ginger (1 tbsp)



Red Chilli (1)



Pork Steak (4)



Soy Sauce  
(1½ tbsp)



Hoisin Sauce  
(3 tbsp)



Water (50ml)




Lime (1)



Beansprouts (100g)

## 4 PEOPLE INGREDIENTS

- Egg Noodle Nest 3
- Green Pepper, sliced 2
- Red Onion, sliced 1
- Carrot, ribbons 1
- Garlic Clove, grated 1
- Ginger, grated 1 **1 tbsp**
- Red Chilli, sliced 1
- Pork Steak 4
- Soy Sauce 1½ **tbsp**
- Hoisin Sauce 3 **tbsp**
- Water 50ml
- Lime 1
- Beansprouts 100g

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Sprouted beans are more nutritious than the original beans and require much less cooking time.

**Soy Sauce Ingredients:** Sugar and Cane Molasses (39%), Water, Yellow Bean Sauce (17%) (Fermented Salted Soyabean (Soyabean, Wheat Flour, Salt, Water) Soy Sauce (Water, Soyabean, Salt, Wheat Flour), Sugar, Water, Colour: Caramel), Soy Sauce (8%) (Water, Salt, Colour: Caramel, Sugar, Soyabean, Wheat Flour), Red Wine Vinegar, Black Treacle, Thickener: Modified Maize Starch, Rapeseed Oil, Red Chilli Puree (Red Chilli, White Wine Vinegar, Sunflower Oil, Sea Salt, Stabiliser: Guar Gum), Garlic Powder, Spices.

**Allergens:** Egg, Gluten, Soya.

### Nutritional Value per total cooked weight per person

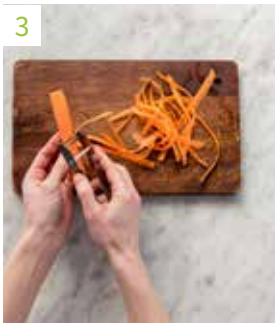
	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	539 kcal / 2265 kJ	20 g	7 g	53 g	20 g	39 g	3 g

2



1 Bring a pot of water to the boil over a high heat. When the water is boiling, add the **noodles** to the pot, remove from the heat and leave for 3 mins. After 3 mins, drain the **noodles** into a colander and then run under cold water to stop them cooking anymore.

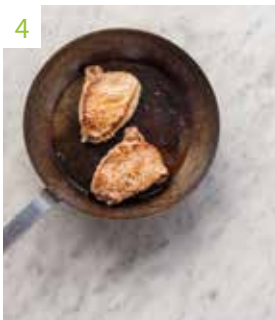
3



2 Remove the core from the **green pepper** and thinly slice. Cut the **red onion** in half through the root, peel and then slice into half moon shapes.

3 Chop the top and bottom off the **carrot**, peel and then use your peeler to make **carrot** ribbons. Run the peeler from the very top of the **carrot** to the bottom. Repeat until all of the **carrot** is used up. Pop the **carrot** ribbons into a bowl and keep to one side for later.

4



4 Peel and grate the **garlic**. **Tip:** Use a garlic press if you have one! Peel and grate the **ginger** and then thinly slice the **chilli**. Heat a frying pan on medium-high heat. Add a splash of **oil** and when the **oil** is hot add the **pork steaks** to the pan. Cook for 8 mins on each side, turning halfway through. You want the **pork** to be golden brown on both sides. **Tip:** The pork is cooked when the centre is no longer pink.

5 As the **pork steaks** cook, heat another frying pan or wok over a high heat and add a splash of **oil**. Add your **pepper** and cook for 5 mins. Move them around every minute or so to ensure even cooking. After 5 mins add your **onion** and cook for another 2 mins. Next add your **garlic** and **ginger** and cook for another 1 minute.

6



6 Pour in the **soy sauce**, a third of the **hoisin sauce** and **water** (as stated in the ingredient list). Heat until the sauce bubbles, then stir in your **noodles**. Reduce the heat to low and cook for another 3 mins until your **noodles** are piping hot.

7 When your **pork** is cooked, remove the pan from the heat, drain off any excess oil and stir in the rest of your **hoisin sauce**. Roll your **pork** around in the **hoisin sauce**. Squeeze the **lime** juice onto your **carrot** ribbons and get ready to plate.

8 Serve a generous amount of your **noodles** on a plate and top with some **carrot** ribbons. Slice each **pork steak** into six slices and pop on top of your **noodles** and **carrots**. Spoon over your **hoisin sauce** from the pan. Finish with the crunchy **beansprouts** and if you like it, a few slices of **chilli**.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!