



More Than Food
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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

2 of your 5 a day

spicy

eat within 2 days

mealkit



Egg Noodle Nest (3)



Green Pepper (2)



Red Onion (1)



Carrot (1)



Garlic Clove (1)



Ginger (1)



Red Chilli (1)



Pork Medallion (4)



Soy Sauce (1½ tbsp)



Hoisin Sauce (3 tbsp)



Water (3 tbsp)



Beansprouts (100g)



Lime (1)


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**
- Red Chilli, sliced **1**
- Pork Medallion **4**
- Soy Sauce **1½ tbsp**
- Hoisin Sauce **3 tbsp**
- Water **3 tbsp**
- Beansprouts **100g**
- Lime **1**

Allergens: Egg, Gluten, Soya.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	480 kcal / 2029 kJ	8 g	2 g	60 g	19 g	44 g	2 g
Per 100g	100 kcal / 422 kJ	2 g	0 g	12 g	4 g	9 g	0 g

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

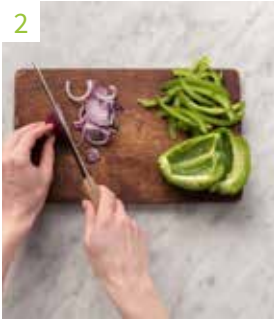
Did you know...

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

Soy Sauce: Water, Soybeans, Wheat, Salt.

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

2



1 Bring a pot of water to the boil over 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 your **noodles** into a colander and then run under cold water to stop them cooking any further.

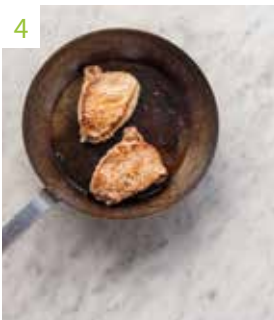
3



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 Cut 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 your **carrot** to the bottom. Repeat until all of your **carrot** is used up. Pop your **carrot ribbons** into a bowl and keep to one side for later. Peel and grate the **garlic** (or use a garlic press if you have one). Peel and grate the **ginger** and then thinly slice the **chilli**.

4



4 Heat a frying pan on medium-high heat. Add a splash of **oil** and when it's hot add the **pork**. Cook for 6 mins on each side, turning halfway through. You want the pork to be golden brown on both sides. **Tip:** *The pork is cooked when it is no longer pink in the middle.*

6



5 Whilst your pork cooks, heat another frying pan or a wok over high heat and add a splash of **oil**. Add your **pepper** and cook for 5 mins. Move your **pepper** 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 minute.

6 Pour in the **soy sauce**, a third of the **hoisin sauce** and the **water** (amount specified in the ingredient list). Heat until your sauce bubbles, then stir in your **noodles**. Reduce the heat to low and cook for another 3 mins until your **noodles** are piping hot. Stir through the **beansprouts** and cook for a further 30 seconds.

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 your **hoisin sauce**. Squeeze the **juice** from the **lime** and stir into your **carrot ribbons**.

8 Serve a generous amount of your **noodles** on a plate and top with some **carrot ribbons**. Cut each **pork medallion** into six slices and pop on top of your **noodles** and **carrot**. Spoon over your **hoisin sauce** from the pan. Finish with a few slices of **chilli**.

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