



Superfast Asian-Spiced Pork Noodles

With Stir Fried Green Pepper

N° 3

RAPID 15 Minutes • Very Hot!



Egg Noodles



Pork Mince



Thai Spice Blend



Green Pepper



Spring Onion



Coriander



Lime



Ketjap Manis



Rice Vinegar



Honey

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Saucepan, Colander and Frying Pan.

Ingredients

	2P	3P	4P
Egg Noodles 8) 13)	1 nest	1½ nests	2 nests
Pork Mince**	240g	360g	480g
Thai Spice Blend 3)	½ pot	¾ pot	1 pot
Green Pepper**	1	2	2
Spring Onion**	2	3	4
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	½	1	1
Ketjap Manis 11) 13)	2 sachets	3 sachets	4 sachets
Rice Vinegar	1 sachet	2 sachets	2 sachets
Honey	1 sachet	2 sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	345g	100g
Energy (kJ/kcal)	2787 /666	809 /193
Fat (g)	27	8
Sat. Fat (g)	10	3
Carbohydrate (g)	75	22
Sugars (g)	26	8
Protein (g)	33	9
Salt (g)	1.98	0.57

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 8) Egg 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK



1. Cook the Noodles

- Fill and boil your kettle.
- Pop the **noodles** in a saucepan. Cover with boiling **water** and cook on medium heat until tender, 4 mins.
- When cooked, drain in a colander and run under cold **water** to stop the **noodles** cooking further.



4. Make the Sauce

- Mix the **ketjap manis** with the **rice vinegar** and **honey** together in a bowl. Squeeze in the **lime juice**.
- Add the **spring onions** to the pan and pour the **sauce** onto the **pork**.
- Bring to a simmer. Bubble for 2 mins.



2. Brown the Pork

- Meanwhile, heat a splash of **oil** in a large frying pan over high heat.
- Add the **pork** and sprinkle on the **Thai spice** (be careful it's spicy! Add less if you're not a fan of heat).
- Cook until browned, breaking it up with a wooden spoon, 5-6 mins. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle.



5. Finish off

- Stir the cooked **noodles** and **half** the **coriander** into the **pork**.
- Stir to coat the **noodles** and cook until everything is piping hot.



3. Prep Time

- While the **pork** is cooking, halve the **pepper** and remove the core and seeds. Slice into thin strips.
- Trim the **spring onions** then slice thinly.
- Roughly chop the **coriander** (stalks and all).
- Halve the **lime**.
- Add the **green pepper** to the **pork** and cook until softened, 3-4 mins.



6. Serve

- Share the **noodles** between your bowls and finish with a sprinkle of remaining **coriander**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.