

Superfast Asian-Spiced Pork Noodles

With Stir Fried Green Pepper

RAPID 15 Minutes • Very Hot!

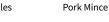








Egg Noodles









Green Pepper





Coriander

Spring Onion





Ketjap Manis



Rice Vinegar



Honey

Before you start

Our fruit, veggies and herbs need a wash before vou 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**	1/2	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

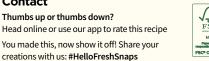
Please remember to check your ingredient packaging for information on allergens and traces of allergens!

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

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



2. Brown the Pork

- a) Meanwhile, heat a splash of oil in a large frying pan over high heat.
- **b)** Add the **pork** and sprinkle on the **Thai spice** (be careful it's spicy! Add less if you're not a fan of heat).
- c) 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.



3. Prep Time

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



4. Make the Sauce

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



5. Finish off

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



6. Serve

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

Eniov!

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.