HELLO FRESH

Superfast Thai Inspired Pork Noodles
with Stir-Fried Pepper

Rapid · 20 Minutes · Medium Spice · 1 of your 5 a day

14

Egg Noodle Nest

Green Pepper

Pork Mince

Thai Style Spice Blend

Lime

Ketjap Manis

Honey

Soy Sauce

Beef Mince

Pantry Items
Oil, Salt, Pepper, Tomato Ketchup

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Kettle, saucepan, sieve and frying pan.

Ingredients

Ingredients	2P	3P	4P
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Green Pepper**	1	2	2
Pork Mince**	240g	360g	480g
Thai Style Spice Blend 3)	1 sachet	1 sachet	2 sachets
Lime**	½	1	1
Ketjap Manis 11)	50g	75g	100g
Honey	15g	22g	30g
Soy Sauce 11) 13)	25ml	40ml	25ml
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	Per serving	Per 100g	Custom Recipe Per serving	Custom Recipe Per 100g
for uncooked ingredient	331g	100g	331g	100g
Energy (kJ/kcal)	2958 /707	895 /214	2731 /653	826 /198
Fat (g)	27.2	8.2	20.6	6.2
Sat. Fat (g)	9.9	3.0	8.6	2.6
Carbohydrate (g)	80.9	24.5	80.7	24.4
Sugars (g)	28.2	8.5	27.9	8.5
Protein (g)	34.8	10.5	38.0	11.5
Salt (g)	5.44	1.65	5.49	1.66

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, milk, egg, mustard, celery, soya, 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.

Contact

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1 Cook the Noodles

a) Fill and boil your kettle.

b) Pour the **boiled water** into a large saucepan on medium heat.

c) Once boiling, the **noodles** to the **water** and cook until tender, 4 mins.

d) Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.

2 Pork and Pepper Time

a) Meanwhile, halve the **green pepper** and discard the core and seeds. Slice into thin strips.

b) Heat a drizzle of **oil** in large frying pan on high heat.

c) Once hot, add the **pork** and **sliced pepper**, then sprinkle over the **Thai style spice blend** (add less if you'd prefer things milder).

CUSTOM RECIPE

If you've chosen to get **beef mince** instead of **pork**, cook the recipe in the same way.

3 Get Frying

a) 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.*

b) Meanwhile, cut the **lime** (see ingredients for amount) into wedges.

c) Once the **mince** has browned, drain and discard any excess fat. **IMPORTANT:** *The mince is cooked when no longer pink in the middle.*

4 Bring on the Sauce

a) In a small bowl, combine the **ketjap manis**, **honey**, **soy sauce** 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.*

b) Add the **sauce** to the **mince**.

c) Bring to a simmer and bubble until thickened, 1-2 mins.

5 Combine and Stir

a) Add the **cooked noodles** to the **pork**.

b) Stir to coat the **noodles** in the **sauce** and cook until everything's piping hot, 1 min.

c) Add a splash of **water** if you feel it needs it.

6 Serve

a) Share the **Thai inspired pork noodles** between your bowls.

b) Serve with any remaining **lime wedges** for squeezing over.

Enjoy!