



Superfast Thai Inspired Pork Noodles with Stir-Fried Tenderstem®

Family 20 Minutes • Medium Spice

3



Egg Noodle Nest



Pork Mince



Thai Style Spice Blend



Tenderstem® Broccoli



Lime



Ketjap Manis



Rice Vinegar

Pantry Items
Oil, Salt, Pepper

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, colander, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Pork Mince**	240g	360g	480g
Thai Style Spice Blend 3)	1 sachet	1 sachet	2 sachets
Tenderstem® Broccoli**	80g	150g	150g
Lime**	½	1	1
Ketjap Manis 11)	50g	75g	100g
Rice Vinegar	15ml	30ml	30ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2724 /651	988 /236
Fat (g)	27.4	9.9
Sat. Fat (g)	9.9	3.6
Carbohydrate (g)	67.8	24.6
Sugars (g)	16.9	6.1
Protein (g)	34.1	12.4
Salt (g)	2.68	0.97

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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Cook the Noodles

- Fill and boil your kettle.
- Pour the **boiled water** into a large saucepan on medium heat.
- Add the **noodles** to the **water** and cook until tender, 4 mins.
- Once cooked, drain in a colander and run under **cold water** to stop them sticking together.



Make the Sauce

- In a small bowl, combine the **ketjap manis** and **rice vinegar**. Squeeze in some **lime juice**.
- Add the **sauce** to the pan.
- Bring to a simmer and bubble for 2 mins.



Brown the Pork

- Meanwhile, heat a large frying pan on high heat (no oil).
- Once hot, add the **pork** and sprinkle on the **Thai style spice blend** (add less if you'd prefer things milder).
- Fry until browned, 5-6 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



Finish Up

- Stir the **cooked noodles** into the **pork**.
- Stir to coat the **noodles** in the **sauce** and cook until everything's piping hot, 1-2 mins.



Add the Broccoli

- While the **pork** cooks, trim the **broccoli** and chop into thirds.
- Halve the **lime**.
- Once browned, drain and discard any excess fat from the **pork**. Add the **broccoli** to the pan and cook until tender, 4-6 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



Serve

- Share the **pork noodles** between your bowls.

Enjoy!