



Superfast Thai Inspired Pork Noodles with Stir-Fried Pepper

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

14



Egg Noodle Nest



Pork Mince



Thai Style Spice Blend



Bell Pepper



Spring Onion



Lime



Ketjap Manis



Rice Vinegar

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
Pork Mince**	240g	360g	480g
Thai Style Spice Blend 3)	1 sachet	1 sachet	2 sachets
Bell Pepper***	1	2	2
Spring Onion**	2	3	4
Lime**	½	1	1
Ketjap Manis 11)	50g	75g	100g
Rice Vinegar	15ml	30ml	30ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be green, yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	321g / 2779 / 664	100g / 866 / 207
Fat (g)	27.5	8.6
Sat. Fat (g)	9.9	3.1
Carbohydrate (g)	71.2	22.2
Sugars (g)	19.5	6.1
Protein (g)	33.5	10.5
Salt (g)	2.72	0.85

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

Let us know what you think!

Share your creations with #HelloFreshSnaps


Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



Cook the Noodles

- Fill and boil your kettle.
- Pour the **boiled water** into a large saucepan on medium heat.
- Once boiling, add the **noodles** to the **water** and cook until tender, 4 mins.
- Once cooked, drain in a sieve 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 **spring onions** and **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 over 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.



Combine and Stir

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



Add the Pepper

- While the **pork** cooks, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Trim and thinly slice the **spring onions**.
- Halve the **lime**.
- Once browned, drain and discard any excess fat from the **pork**. Add the **sliced pepper** to the pan and cook until softened, 3-4 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



Serve

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

Enjoy!