











Thai Inspired Pork and Noodle Stir-Fry with Carrot Ribbons, Sugar Snaps and Sesame Seeds

Family 20 Minutes • Mild Spice • 1 of your 5 a day

9



-  Sugar Snap Peas
-  Carrot
-  Garlic Clove
-  Pork Mince
-  Egg Noodle Nest
-  Red Thai Style Paste
-  Ketjap Manis
-  Roasted White Sesame Seeds

Pantry Items
Oil, Salt, Pepper, Sugar

Before you start

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

Cooking tools

Peeler, garlic press, frying pan, saucepan and colander.

Ingredients

Ingredients	2P	3P	4P
Sugar Snap Peas**	80g	150g	150g
Carrot**	1	2	2
Garlic Clove**	2	3	4
Pork Mince**	240g	360g	480g
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Red Thai Style Paste	50g	75g	100g
Ketjap Manis 11)	2 sachets	3 sachets	4 sachets
Roasted White Sesame Seeds 3)	1 sachet	1 sachet	1 sachet
Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3111 /744	926 /221
Fat (g)	33.1	9.8
Sat. Fat (g)	10.4	3.1
Carbohydrate (g)	75.9	22.6
Sugars (g)	23.9	7.1
Protein (g)	35.1	10.4
Salt (g)	3.76	1.12

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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Get Prepped

- Halve the **sugar snaps**.
- Trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.
- Peel and grate the **garlic** (or use a garlic press).



Build the Flavour

- Once the **pork** has browned, add the **sugar snaps, red Thai style paste** and **garlic** to the pan.
- Stir-fry until fragrant, 1 min.



Cook the Pork

- Heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **pork mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.
- Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The pork is cooked when no longer pink in the middle.



Combine and Stir

- Add the **cooked noodles, carrot ribbons, ketjap manis, sugar** and **water for the sauce** (see pantry for both amounts) to the pan. Stir together until well combined and piping hot, then remove from the heat.
- Taste and season with **salt** and **pepper** if needed.



Bring on the Noodles

- While the **pork** browns, bring a large saucepan of **water** to the boil with ¼ **tsp salt**.
- When boiling, add the **noodles** to the **water** and cook until tender, 4 mins.
- Once cooked, drain in a colander. **TIP:** Run the noodles under cold water to stop them sticking together.



Serve

- When ready, share the **pork noodles** between your bowls.
- Sprinkle over the **sesame seeds** to finish.

Enjoy!