




# Thai Inspired Pork and Noodle Stir-Fry with Carrot Ribbons and Mangetout

**Rapid** 20 Minutes • Mild Spice • 1 of your 5 a day

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-  Mangetout
-  Carrot
-  Garlic Clove
-  Pork Mince
-  Egg Noodle Nest
-  Red Thai Style Paste
-  Ketjap Manis

**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 sieve.

## Ingredients

Ingredients	2P	3P	4P
Mangetout**	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)	50g	75g	100g
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)	333g 3028 /724	100g 909 /217
Fat (g)	31.7	9.5
Sat. Fat (g)	10.2	3.1
Carbohydrate (g)	74.5	22.4
Sugars (g)	22.8	6.8
Protein (g)	34.7	10.4
Salt (g)	3.75	1.13

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

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 **mangetout**.
- 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 Spicy Flavour

- Once the **pork** has browned, add the **mangetout**, **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. It's 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 bring back to the boil. Cook until tender, 4 mins.
- Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



## Serve

- When ready, share the **pork noodle stir-fry** between your bowls.

## Enjoy!