



Everything But The Chef

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## Coriander & Chilli Pork Patties

This noodle dish is perfect for a warm summer's evening; it will fill you up and still keep you light on your toes. Juicy pork patties pack a punch of flavour, and fresh, crunchy vegetables dance on the palate with each and every mouthful. Served on a bed of vermicelli noodles and drizzled with a tangy dressing, this dish is like spaghetti and meatballs, only Oriental-style, so hold the Parmesan cheese!

**Prep:** 15 mins  
**Cook:** 25 mins  
**Total:** 40 mins

level 1  
 lactose free  
 gluten free †  
 high protein  
 spicy

### Pantry Items



Soy Sauce



Water



Brown Sugar



Fish Sauce



Olive Oil



Pork Mince



Brown Onion



Coriander



Birdseye Chilli



Vermicelli Noodles



Cucumber



Carrot



Lemon

2P	4P	Ingredients
300 g	600 g	pork mince
½	1	brown onion, finely chopped
1 bunch	2 bunches	coriander, finely chopped
1	2	birdseye chilli, finely chopped
3 tbs	6 tbs	salt-reduced soy sauce *
1 tbs	2 tbs	warm water *
½	1	lemon, juiced
2 tsp	1 tbs	brown sugar *
1 tsp	2 tsp	fish sauce *
2 tsp	1 tbs	olive oil *
½ packet	1 packet	vermicelli noodles
1	2	cucumber, peeled into ribbons
1	2	carrot, peeled into ribbons

⊕ May feature in another recipe

\* Pantry Items

#### Nutrition per serving

Energy	2280	Kj
Protein	37.8	g
Fat, total	14.6	g
-saturated	4.6	g
Carbohydrate	63.5	g
-sugars	9.7	g
Sodium	1040	mg

#### Measuretool

0 cm	1 cm	2 cm

f To ensure this is a gluten free recipe, please check that your sauces & condiments are gluten free.

1a



**You will need:** chef's knife, chopping board, vegetable peeler, plate or tray, kettle colander, two large bowls, colander, small bowl, and a large frying pan.

**1** In a large bowl, combine the **pork mince**, **brown onion**, half of the **coriander**, half of the **birdseye chilli**, and half of the **salt-reduced soy sauce**. Shape the mixture into patties (3 per person), place on a plate or tray and refrigerate for **15 minutes**.

1b



**2** To make the dressing, combine the remaining soy sauce, **warm water**, **lemon juice**, **brown sugar** and **fish sauce** in a small bowl. Set aside.

**3** Heat the **olive oil** in a large frying pan over a medium high heat. Add the pork patties and cook for **3-4 minutes** on each side or until cooked through.

**4** Meanwhile, bring kettle full of water to the boil and soak the **vermicelli noodles** in boiling water and set aside for **5 minutes**. Drain. Transfer to a large bowl. Add the **cucumber**, **carrot** and the remaining coriander. Pour the dressing over the noodles and toss to coat well.

3



**5** Divide the noodles between bowls and top with coriander pork patties. Garnish with the remaining chilli, if you like.

4



**Did you know?** Pigs were first domesticated in China around 7500 BC.