



# Superfast Asian-Spiced Pork Noodles

With Stir-Fried Green Pepper

**Rapid** 15 Minutes • Very Hot!

3



Egg Noodles



Pork Mince



Thai Spice Blend



Green Pepper



Spring Onion



Coriander



Lime



Ketjap Manis



Rice Vinegar



Honey

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Kettle, Saucepan, Colander, Frying Pan, Chopping Board and Bowl.

## Ingredients

	2P	3P	4P
Egg Noodles <b>8) 13)</b>	1 pack	1½ packs	2 packs
Pork Mince**	240g	360g	480g
Thai Spice Blend <b>3)</b>	1 small pot	¾ large pot	1 large pot
Green Pepper**	1	2	2
Spring Onion**	2	3	4
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	½	1	1
Ketjap Manis <b>11) 13)</b>	2 sachets	3 sachets	4 sachets
Rice Vinegar	1 sachet	2 sachets	2 sachets
Honey	1 sachet	2 sachets	2 sachets

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	348g	100g
Energy (kJ/kcal)	2807 / 671	806 / 193
Fat (g)	28	8
Sat. Fat (g)	10	3
Carbohydrate (g)	76	22
Sugars (g)	26	8
Protein (g)	33	9
Salt (g)	1.99	0.57

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**3) Sesame 8) Egg 11) Soya 13) Gluten**

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

Thumbs up or thumbs down?

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## Cook the Noodles

**a)** Fill and boil your kettle.

**b)** Pop the **noodles** in a saucepan. Cover with boiling **water** and cook on medium heat until tender, 4 mins.

**c)** Once cooked, drain in a colander and run under cold **water** to stop the **noodles** cooking further.



## Brown the Pork

**a)** Meanwhile, heat a splash of **oil** in a large frying pan over high heat.

**b)** Add the **pork** and sprinkle on the **Thai spice** (be careful it's spicy!) add less if you're not a fan of heat.

**c)** Cook until browned, breaking it up with a wooden spoon as it cooks, 5-6 mins. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle.



## Prep Time

**a)** While the **pork** is cooking, halve the **pepper** and remove the core and seeds. Slice into thin strips.

**b)** Trim the **spring onions** then slice thinly.

**c)** Roughly chop the **coriander** (stalks and all).

**d)** Halve the **lime**.

**e)** Add the **green pepper** to the **pork** and cook until softened, 3-4 mins.



## Make the Sauce

**a)** Mix the **Ketjap Manis** with the **rice vinegar** and **honey** together in a bowl.

**b)** Squeeze in the **lime juice**.

**c)** Add the **spring onions** to the pan and pour the **sauce** onto the **pork**.

**d)** Bring to a simmer. Bubble for 2 mins.



## Finish Off

**a)** Stir the cooked **noodles** and **half** the **coriander** into the **pork**.

**b)** Stir to coat the **noodles** and cook until everything is piping hot.



## Serve

**a)** Share the **noodles** between your bowls and finish with a sprinkle of the remaining **coriander**.

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.