



Asian Style Spiced Pork Noodle Dinner to Asian Style Pork Rice Bowl Lunch

N° 31

Dinner to Lunch 35 Minutes • Medium Spice • 3 of your 5 a day



Dinner

Lunch



Egg Noodle Nest Pork Mince



Thai Spice Blend Green Pepper



Spring Onion Coriander



Lime Ketjap Manis



Rice Vinegar Honey



Coconut Chilli
Lemongrass Steamed
Basmati Rice Salted Peanuts

Before you start

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

Cooking tools, you will need:

Saucepan, Sieve, Frying Pan, Wooden Spoon, Bowl.

Ingredients

	2P	3P	4P
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Pork Mince**	480g	600g	720g
Thai Spice Blend	1 sachet	1 sachet	2 sachets
Green Pepper**	2	3	3
Spring Onion**	2	3	4
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	1	1	1
Ketjap Manis 11) 13)	4 sachets	5 sachets	6 sachets
Rice Vinegar	2 sachets	3 sachets	3 sachets
Honey	2 sachets	3 sachets	3 sachets
Coconut Chilli Lemongrass Steamed Basmati Rice 9)	1 pouch	1 pouch	1 pouch
Salted Peanuts 1)	25g	25g	25g

*Not Included

Nutrition

Dinner	Per serving	Per 100g
for uncooked ingredient	332g	100g
Energy (kJ/kcal)	2424/579	731/175
Fat (g)	18	5
Sat. Fat (g)	6	2
Carbohydrate (g)	75	23
Sugars (g)	26	8
Protein (g)	31	9
Salt (g)	1.96	0.59

Lunch	Per serving	Per 100g
for uncooked ingredient	402g	100g
Energy (kJ/kcal)	2603/622	648/155
Fat (g)	31	8
Sat. Fat (g)	11	3
Carbohydrate (g)	56	14
Sugars (g)	25	6
Protein (g)	29	7
Salt (g)	1.65	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 8) Egg 9) Mustard 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.

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Cook the Noodles

Bring a saucepan of **water** up to the boil with ¼ tsp **salt** for the **noodles**. When boiling, add the **noodles** and cook until tender, 4 mins. Drain in a sieve. **TIP: Run the noodles under cold water to stop them sticking together.**



Brown the Pork

Meanwhile, heat a splash of **oil** in a large frying pan over high heat. Add the **pork** and sprinkle on the **Thai seasoning**. Be careful, it's spicy, add less if you're not a fan of heat. **IMPORTANT: Wash your hands and equipment after handling raw meat.** Cook until browned, breaking it up with a wooden spoon as it cooks, 6-7 mins.



Veg Time

Whilst the **pork** is cooking, halve the **pepper** and remove the core and seeds. Slice into thin strips. Trim the **spring onions** then slice thinly. Roughly chop the **coriander** (stalks and all). Halve the **lime**. Once browned, add the **green pepper** to the **pork** and cook until softened, 5-6 mins, stir every couple of mins.



Make the Sauce

Mix the **ketjap manis** with the **rice vinegar** and **honey** together in a bowl. Squeeze in some **lime juice**. Once the **pepper** has softened, add the **spring onions** to the pan and pour the **sauce** onto the **pork**. Bring to a simmer. Bubble for 2 mins. **IMPORTANT: The pork is cooked when it's no longer pink in the middle.**



Finish Off

Stir **half** the **coriander** into the **pork mixture**. Transfer 2 portions of the **pork mixture** to a bowl and set aside to cool (this will be for your lunch). Drain the **noodles** and add them to the **pork mixture** in the pan, stir to coat. Cook until piping hot, 1-2 mins. Share the **noodles** between your bowls and finish with a sprinkle of remaining **coriander**. Cut any remaining **lime** into wedges and serve alongside.

Enjoy!



Make Your Lunch

When you've finished your dinner and the **pork** in the bowl has cooled, squeeze the **rice pouch** to break up the **rice** and divide between your lunch containers. Divide the reserved **pork mixture** between each container and top with the **peanuts**. Refrigerate and enjoy reheated in the microwave until piping hot.

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.