



FIVE-SPICE CARMEL PORK

with Ramen Noodles



Master a caramel sauce for pork



Garlic



Ginger



Red Onion



Carrot



Sugar Snap Peas



Long Red Chilli (Optional)



Pork Loin



Chinese Five Spice



Ramen Noodles



Black Sesame Seeds

Hands-on: **40** mins
Ready in: **45** mins

Low calorie

Spicy (optional long red chilli)

Golden and so delicious, this caramel sauce is totally amazing. Watch it bring together succulent pieces of pork, tender noodles and loads of veg in this Asian feast that will satisfy all your cravings.

Pantry Staples: Olive Oil, Brown Sugar, Fish Sauce, Soy Sauce, Sesame Oil (Optional)

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, medium saucepan, fine grater, medium frying pan, medium bowl, colander** and **large frying pan**.



1 GET PREPPED

Bring a medium saucepan of water to the boil. Finely grate the **garlic** (or use a garlic press). Finely grate the **ginger**. Thinly slice the **red onion**. Thinly slice the **carrot** (unpeeled) into half-moons. Trim the **sugar snap peas** and halve. Thinly slice the **long red chilli** (if using). **TIP:** Some like it hot but if not just hold back on the chilli. Cut the **pork loin** steaks into 1cm strips.



2 COOK THE PORK

In a medium frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **pork strips** and cook, tossing, for **2-3 minutes**, or until browned and cooked through. Transfer to a medium bowl. Return the pan to a medium-high heat with a **drizzle** of **olive oil** and add the **red onion**. Cook, stirring, for **3 minutes**, or until softened. Add the **Chinese five spice** (see ingredients list) and cook for **1 minute**, or until fragrant. **TIP:** Chinese five spice has an aniseed flavour, use less if you're not a fan!



3 MAKE THE CARAMEL SAUCE

Reduce the heat to medium-low. Add the **brown sugar, water** (see ingredients list), **fish sauce** and **soy sauce** (for the sauce) to the pan with the onion. Season with a **pinch** of **salt** and **pepper** and stir to dissolve. Simmer for **8-10 minutes**, or until the sauce has thickened slightly. Return the **pork strips** to the pan, stir to coat, then remove from the heat. **TIP:** The sauce will thicken further once the pan is off the heat.



4 COOK THE NOODLES

While the caramel sauce is cooking, add the **ramen noodles** (see ingredients list) to the boiling water and cook for **3 minutes** or until tender. Drain and refresh under cold water.



5 COOK THE VEGGIES

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **carrot** and cook for **3-4 minutes** or until softened. Add the **garlic, ginger, sugar snap peas** and **1/2** the **long red chilli** (if using). Cook for **1-2 minutes** or until fragrant. Add the cooked **ramen noodles, sesame oil** and **soy sauce** (for the noodles) to the pan. Toss together until the noodles have warmed through.



6 SERVE UP

Divide the noodles & veg between plates and top with the five-spice caramel pork. Sprinkle with the **black sesame seeds** (see ingredients list) and the remaining long red chilli (if using).

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
ginger	1 knob	2 knobs
red onion	1	2
carrot	1	2
sugar snap peas	1 bag (100 g)	1 bag (200 g)
long red chilli (optional)	1	2
pork loin	1 packet	1 packet
Chinese five spice	½ sachet	1 sachet
brown sugar*	2 tbs	½ cup
water*	¼ cup	½ cup
fish sauce*	1 tsp	2 tsp
soy sauce* (for the sauce)	2 tsp	1 tbs
ramen noodles	½ packet	1 packet
sesame oil* (or oil)	1 tbs	2 tbs
soy sauce* (for the noodles)	1½ tbs	3 tbs
black sesame seeds	½ sachet	1 sachet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	1940kJ (465Cal)	408kJ (97Cal)
Protein (g)	39.4g	8.3g
Fat, total (g)	12.8g	2.7g
- saturated (g)	2.2g	0.5g
Carbohydrate (g)	43.5g	9.1g
- sugars (g)	22.9g	4.8g
Sodium (g)	1180mg	247mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

→ JOIN OUR PHOTO CONTEST!

   #HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

2018 | WK32

