



Quick Sweet Chilli Pork & Crunchy Noodles

with Pear & Spinach Slaw

Grab your Meal Kit with this symbol



Pear



Mayonnaise



Pork Strips



Ginger Paste



Sweet Chilli Sauce



Slaw Mix



Baby Spinach Leaves



Crunchy Fried Noodles



Coriander

Hands-on: **15-25 mins**
 Ready in: **20-30 mins**

Carb Smart

Lift your stir-fry game by teaming sweet chilli sauce with ginger - it's a killer combo that works a treat with succulent pork strips. We've swapped rice for a creamy, Asian-inspired slaw to keep the carbs down. The crunchy noodles turn this into a textural treat, and the coriander makes the whole dish sing.

Pantry items

Olive Oil, Rice Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

| | 2 People | 4 People |
|-----------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| pear | 1 | 2 |
| mayonnaise | 1 packet (40g) | 1 packet (100g) |
| rice wine vinegar* | drizzle | drizzle |
| pork strips | 1 small packet | 1 large packet |
| ginger paste | 1 medium packet | 1 large packet |
| sweet chilli sauce | 1 packet (50g) | 1 packet (100g) |
| slaw mix | 1 small bag | 1 large bag |
| baby spinach leaves | 1 medium bag | 1 large bag |
| crunchy fried noodles | 1 medium packet | 1 large packet |
| coriander | 1 bag | 1 bag |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 1843kJ (440Cal) | 504kJ (120Cal) |
| Protein (g) | 31.8g | 8.7g |
| Fat, total (g) | 20.6g | 5.6g |
| - saturated (g) | 3.6g | 1g |
| Carbohydrate (g) | 29.7g | 8.1g |
| - sugars (g) | 19.1g | 8.1g |
| Sodium (mg) | 1293mg | 353mg |
| Dietary Fibre | 5.2g | 1.4g |

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Thinly slice **pear** into wedges.
- In a medium bowl, combine **mayonnaise**, a drizzle of **rice wine vinegar** and a pinch of **salt** and **pepper**.



Make the slaw

- While pork is cooking, to the bowl with the **mayo dressing**, add the **slaw mix**, **pear** and **baby spinach leaves**.
- Toss to combine. Season to taste.



Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook **pork strips**, in batches, until golden, **2-3 minutes**. Transfer to a plate.
- Add **ginger paste** to pan and cook, stirring, until fragrant, **1 minute**.
- Remove pan from heat. Stir in **sweet chilli sauce** and a dash of **water**
- Return cooked **pork** to pan, tossing to combine, **30 seconds**. Season to taste.

TIP: Cooking the pork in batches over a high heat helps it stay tender.



Serve up

- Divide pear-spinach slaw between plates.
- Top with sweet chilli-ginger pork, spooning over any remaining sauce from the pan.
- Sprinkle with **crunchy fried noodles** and torn **coriander** to serve.

Enjoy!