



Spiced Pork Noodles

with Stir-Fried Pepper, Lime and Peanuts

Family 20 Minutes • Mild Spice • 1 of your 5 a day

10



Egg Noodle Nest



Pork Mince



Indonesian Style Spice Mix



Bell Pepper



Spring Onion



Salted Peanuts



Lime



Ketjap Manis



Rice Vinegar



Honey

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, saucepan, colander, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Pork Mince**	240g	360g	480g
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
Bell Pepper***	1	2	2
Spring Onion**	2	3	4
Salted Peanuts 1)	25g	40g	40g
Lime**	½	1	1
Ketjap Manis 11)	2 sachets	3 sachets	4 sachets
Rice Vinegar	1 sachet	1 sachet	2 sachets
Honey	1 sachet	1½ sachets	2 sachets

Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be red, orange, or yellow to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	357g	100g
Energy (kJ/kcal)	2835 /678	794 /190
Fat (g)	24.9	7.0
Sat. Fat (g)	7.5	2.1
Carbohydrate (g)	79.6	22.3
Sugars (g)	26.5	7.4
Protein (g)	34.8	9.8
Salt (g)	2.80	0.79

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 8) Egg 11) Soya 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Cook the Noodles

- Fill and boil your kettle.
- Pour the **boiling water** into a medium saucepan with $\frac{1}{4}$ **tsp salt** on high heat.
- Add the **noodles** and bring back to the boil. Cook until tender, 4 mins.
- Once cooked, drain in a colander. **TIP: Run the noodles under cold water to stop them sticking together.**



Sauce Things Up

- Meanwhile, in a small bowl, mix the **ketjap manis** with the **rice vinegar**, **honey** and **water for the sauce** (see ingredients for amount). Squeeze in the **lime juice**, then combine well. **TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.**
- Add the **spring onions** and **sauce mixture** to the **stir-fry**, then bring to the boil.
- Bubble until thickened and glossy, 2-3 mins.



Brown the Pork

- Meanwhile, a large frying pan on medium-high heat (no **oil**).
- Once hot, add the **pork mince** and sprinkle over the **Indonesian style spice mix** (add less if you don't like heat).
- Fry the **mince** until browned, 5-6 mins. Use a spoon to break it up as it cooks. **IMPORTANT: Wash your hands and equipment after handling raw mince.**



Combine and Stir

- When the **sauce** has thickened, add the **cooked noodles** and **half the chopped peanuts**.
- Stir to coat the **noodles** in the **sauce** and cook until everything is piping hot, 1-2 mins.
- Taste and season with **salt** and **pepper** if needed.



Prep Time

- While the **pork** cooks, halve the **pepper** and remove the core and seeds. Slice into thin strips.
- Trim and thinly slice the **spring onion**.
- Roughly chop the **peanuts**. Halve the **lime**.
- Once the **mince** has browned, drain and discard any excess fat. Add the **pepper** and cook until softened, 3-4 mins. **IMPORTANT: The mince is cooked when no longer pink in the middle.**



Serve

- Share the **pork noodles** between your bowls.
- Finish with a sprinkle of the remaining **peanuts** for those who'd like them.

Enjoy!