



SWEET & SOUR PORK

with Noodles



HELLO CORNFLOUR

This is known as cornstarch in America and is our secret trick for a perfect fakeaway!



Red Pepper



Pineapple Rings



Diced Pork



Cornflour



Mangetout



Sweet & Sour Sauce



Sweet & Sour Garnish



Rice Vinegar



Egg Noodles

Scrap the takeaway plans and opt for the real deal with tonight's mouth wateringly delicious sweet and sour pork. Full on flavour on the table in 20 minutes. What are you waiting for? Crunchy veggies, succulent pork, noodles and a glossy sweet and sour sauce to boot, this dish is bursting with ingredients you can't help but love.

MEAL BAG

20 mins

1.5 of your 5 a day

Rapid recipe

GET **PREPARED!**

Fill and boil your **Kettle**.

BEFORE YOU START

🔥 Fill and boil your **Kettle**. 🧼 Wash the veggies. 🍴 Make sure you've got a **Large Saucepan**, **Sieve**, **Large Frying Pan** and **Measuring Jug**. Let's start cooking the **Sweet & Sour Pork with Noodles**.



1 GET PREPPED

- Fill a large saucepan with boiling water for the noodles and bring back to the boil on high heat.
- Halve the **red pepper**, discard the core and seeds and slice thinly.
- Drain the **pineapple** in a sieve, reserving the **juice**. Chop the **pineapple** into small chunks.



4 COOK THE NOODLES

- Meanwhile, add the **noodles** to the pan of boiling water and cook for 4 mins.
- Drain in a sieve.



2 FRY THE PORK

- Heat a splash of **oil** in a large frying pan or wok over medium-high heat.
- Add the **pork** and sprinkle over the **cornflour**. Season with **salt** and **pepper**.
- Fry until golden, 3-4 mins.
- Add the **red pepper** and stir-fry until softened, 2-3 mins. **★ TIP:** Add a splash more oil if the pan is dry.



5 TOSS TO COMBINE

- Add the cooked **noodles** to the **pork** and toss to combine.



3 SIMMER THE SAUCE

- Add the **mangetout** and **pineapple chunks**, stir to combine.
- Mix in the **sweet and sour paste**, **garnish**, **rice vinegar**, 2 tbsp **pineapple juice** per person and the **water** (see ingredients for amount).
- Simmer until thick and glossy and the **pork** is cooked through, 3-4 mins. **⚠ IMPORTANT:** The pork is cooked when it is no longer pink in the middle.



6 SERVE

- Taste for seasoning then serve in bowls.

ENJOY!

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Red Pepper	1	1½	2
Pineapple Rings	1 tin	1½ tins	2 tins
Diced Pork	250g	420g	500g
Cornflour	1 tbsp	1½ tbsp	2 tbsp
Mangetout	1 pack	1½ packs	2 packs
Sweet & Sour Sauce (14)	1 pot	1½ pots	2 pots
Sweet & Sour Garnish	1 pot	1½ pots	2 pots
Rice Vinegar	2 sachets	3 sachets	4 sachets
Water*	70ml	105ml	140ml
Egg Noodles (8) (13)	2 nests	3 nests	4 nests

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 478G	PER 100G
Energy (kcal)	673	141
(kJ)	2816	590
Fat (g)	7	1
Sat. Fat (g)	2	0
Carbohydrate (g)	90	19
Sugars (g)	31	7
Protein (g)	64	13
Salt (g)	2.23	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

8) Egg 13) Gluten 14) Sulphites

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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