



SWEET & SOUR PORK

with Peppers, Noodles and Toasted Sesame Seeds



HELLO KETJAP MANIS

This sweet Indonesian soy sauce is thought to be where modern ketchup got its name from.



Red Pepper



Yellow Pepper



Spring Onion



Garlic Clove



Egg Noodles



Pork Loin Steak



Cornflour



Sesame Seeds



Rice Vinegar



Soy Sauce



Ketjap Manis



Tomato Ketchup

Chefs in posh restaurants have been known to eject diners asking for ketchup but it has its place in plenty of dishes. Today ketchup is our secret ingredient! It brings a delicious sweet and sour note to a sauce for crispy-coated pork and stir-fried veggies and is actually used by lots of Chinese restaurant chefs!

Hands on: **10 mins**
Total: **40 mins**

1.5 of your
5 a day

Family Box

MEAL BAG



BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Fine Grater** (or **Garlic Press**), **Colander, Mixing Bowl, Frying Pan** and some **Kitchen Paper**. Now, let's get cooking!



1 DO THE PREP

Put a large saucepan of water with a pinch of salt on to boil for the noodles. Halve the **peppers** and discard the cores and seeds. Chop into small pieces. Trim the **spring onion** then thinly slice. Peel and grate the **garlic** (or use a garlic press). Add the **noodles** to the pan of boiling water and simmer until cooked, 4 mins. Drain in a colander then rinse under cold water to stop them cooking further.



4 FRY THE PORK

Place the frying pan back on high heat and add a splash of **oil**. Line a plate with kitchen paper. When the **oil** is hot, add **half** the **pork**. Stir-fry until browned on the outside and no longer pink in the middle, 6-7 mins. Transfer to the lined plate. Add a little more **oil** to the pan and fry the remaining **pork** in the same way. **★ TIP:** *Cooking in batches = extra crispy!*



2 COAT THE PORK

Chop the **pork** into roughly 2cm cubes. **❗ IMPORTANT:** *Remember to wash your hands and equipment after handling raw meat.* Put the **cornflour** in a mixing bowl and season with a generous pinch of **salt** and **pepper**. Add the **pork** and toss to coat thoroughly.



5 COOK THE VEGGIES

Meanwhile, in a small bowl, mix the **rice vinegar** and **soy sauce** with the **ketjap manis** and **ketchup**. This is your **sauce**. Wash the frying pan you used for the **pork**, add another splash of **oil** and put it on medium heat. Stir-fry the **peppers** for 4 mins. Add the **garlic** and **half** the **spring onion**. Cook for another 1-2 mins. Add the **sauce** and bring to a simmer.



3 TOAST THE SEEDS

Pop a frying pan on medium heat (no oil). Add the **sesame seeds** and toast until golden, 1-2 mins. **★ TIP:** *Toss and stir them regularly so they don't burn.* Remove from the pan and set aside. Wipe out your pan with some kitchen paper.



6 FINISH AND SERVE

Return the **pork** to the pan. Add the drained **noodles** and toss everything together. Warm everything through on a medium heat. Taste and season with **salt** and **pepper** if needed. Serve in bowls. **+ TWIST IT UP:** *Sprinkle the remaining **spring onion** and the **sesame seeds** onto the adults' portions. **Enjoy!***

2 - 4 PEOPLE INGREDIENTS

In order of use

| | 2P | 3P | 4P |
|----------------------|------------|------------|-----------|
| Red Pepper * | 1 | 1 | 2 |
| Yellow Pepper * | ½ | 1 | 1 |
| Spring Onion * | 1 | 2 | 3 |
| Garlic Clove * | 1 | 2 | 2 |
| Egg Noodles 8)13) | 2 nests | 3 nests | 4 nests |
| Pork Loin Steak * | 2 | 3 | 4 |
| Cornflour | ½ pot | ¾ pot | 1 pot |
| Sesame Seeds 3) | ½ sachet | ¾ sachet | 1 sachet |
| Rice Vinegar | 1 sachet | 1½ sachets | 2 sachets |
| Soy Sauce 11) 13) | ½ sachet | ¾ sachet | 1 sachet |
| Ketjap Manis 11) 13) | 1½ sachets | 2 sachets | 3 sachets |
| Tomato Ketchup 10) | 1 sachet | 1½ sachets | 2 sachets |

* Store in the Fridge

| NUTRITION PER UNCOOKED INGREDIENT | PER SERVING 378G | PER 100G |
|-----------------------------------|------------------|----------|
| Energy (kcal) | 600 | 159 |
| (kJ) | 2510 | 665 |
| Fat (g) | 16 | 4 |
| Sat. Fat (g) | 5 | 1 |
| Carbohydrate (g) | 77 | 20 |
| Sugars (g) | 23 | 6 |
| Protein (g) | 38 | 10 |
| Salt (g) | 3.02 | 0.80 |

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

3) Sesame 8) Egg 10) Celery 11) Soya 13) Gluten

🧼 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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