



# Garlic Pork Mince Noodles

with bell pepper and pak choi

Calorie Smart 30-35 mins • Spicy

20



Pork Mince



Pak Choi



Garlic



Onion



Bell Pepper



Sweet Chilli Sauce



Ketjap Manis



Soy Sauce



Breadcrumbs



Udon Noodles



Red Thai Style Paste

Pantry Items: Salt, Oil, Pepper, Water



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## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Grater

## Ingredients

	2P	4P
Pork Mince	250 g	500 g
Pak Choi	1 unit	2 units
Garlic	2 units	4 units
Onion	1 unit	2 units
Bell Pepper	1 unit	2 units
Sweet Chilli Sauce	1 sachet	2 sachets
Ketjap Manis	1 sachet	2 sachets
Soy Sauce	1 sachet	2 sachets
Breadcrumbs	1 pack	1 pack
Udon Noodles	300 g	600 g
Red Thai Style Paste	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	547.5 g	100 g
Energy (kJ/kcal)	2556.4 kJ/ 611 kcal	466.9 kJ/ 111.6 kcal
Fat (g)	16.7 g	3.1 g
Sat. Fat (g)	5.7 g	1 g
Carbohydrate (g)	78.8 g	14.4 g
Sugars (g)	17.4 g	3.2 g
Protein (g)	36.3 g	6.6 g
Salt (g)	5.5 g	1 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

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### Make the Meatballs

- Peel and grate the **garlic** (or use a garlic press).
- Add the **breadcrumbs, pork mince** and **half** the **garlic** to a medium bowl.
- Season with ½ tsp **salt** (double for 4p) and **pepper**.
- Using your hands, mix together until well combined.
- Shape the mixture into evenly-sized balls, 5 per person. **IMPORTANT:** Wash hands and equipment after handling raw mince.



### Simmer the Sauce

- Return the pan to medium-high heat.
- Once hot, fry the **onion** and **pepper** until softened, 4-5 mins.
- Add remaining **garlic**, cook for 1 min, then add the **red Thai paste, sweet chilli sauce, soy sauce, ketjap manis** and 75ml **water** (double for 4p).
- Add the meatballs and **pak choi** then bring the sauce to the boil. Carefully stir to wilt the **pak choi**.
- Cook until the sauce has reduced slightly and the meatballs are coated and warmed, 1-2 mins.



### Fry the Meatballs

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once the **oil** is hot, add the meatballs and fry until browned all over and cooked through, shifting as they colour, 10-12 mins. **IMPORTANT:** Meatballs are cooked when no longer pink in the middle.
- Set aside and cover to keep warm. Reserve the pan to use later.



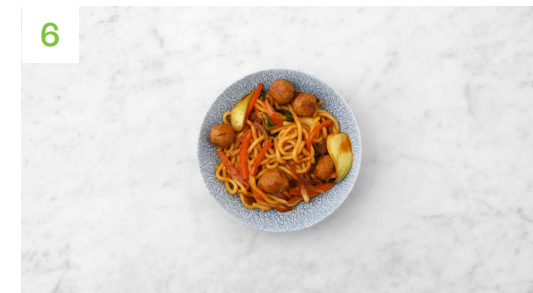
### Add the Noodles

- Carefully separate the **noodles** with your hands.
- Add the **noodles** to the pan and stir until everything is well combined and warmed through.
- Loosen the sauce with a splash of **water** if you feel it's too thick.



### Get Prepped

- Meanwhile, halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Trim the **pak choi**, quarter lengthways and separate the leaves.
- Halve, peel and thinly slice the **onion**.



### Finish and Serve

- Taste your dish and season with **salt** and **pepper** if required.
- When everything is ready, divide your **garlic pork noodles** between bowls.

**Enjoy!**