

Spicy Sesame Pork Noodles

with coriander and bell pepper

Quick Cook 25 – 30 mins • Extra spicy

18



Pork Mince



Pak Choi



Mushrooms



Sesame Oil



Gochujang Paste



Sesame Seeds



Udon Noodles



Coriander



Soy Sauce



Honey



Bell Pepper

Pantry Items: Salt, Oil, Pepper, Water



Rate your recipe!

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

Baking sheet with baking paper

Ingredients

	2P	4P
Pork Mince	240 g	480 g
Pak Choi	1 unit	2 units
Mushrooms	150 g	250 g
Sesame Oil	20 ml	40 ml
Gochujang Paste	1 sachet	2 sachets
Sesame Seeds	1 sachet	2 sachets
Udon Noodles	300 g	600 g
Coriander	5 g	10 g
Soy Sauce	1 sachet	2 sachets
Honey	1 sachet	2 sachets
Bell Pepper	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	536.5 g	100 g
Energy (kJ/kcal)	2677.8 kJ/ 640 kcal	499.1 kJ/ 119.3 kcal
Fat (g)	29.7 g	5.5 g
Sat. Fat (g)	7.6 g	1.4 g
Carbohydrate (g)	58.1 g	10.8 g
Sugars (g)	11.3 g	2.1 g
Protein (g)	36.2 g	6.7 g
Salt (g)	2.5 g	0.5 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.

Contact

Share your creations with
#HelloFreshIreland

Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)



You can recycle me!



Get Prepped

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Trim the **pak choi**, then thinly slice widthways.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Roughly chop the **mushrooms**.
- Roughly chop the **coriander** (stalks and all).



Roast the Veg

- Place the **pepper** on a lined baking tray.
- Toss with **half** the **sesame oil** then season with **salt** and **pepper**.
- Roast on the middle shelf of the oven until tender, 10-12 mins.



Make the Sauce

- Meanwhile, in a medium bowl mix together **half** the **honey** and **half** the **soy sauce**.
- Add the **gochujang** a little at a time, tasting as you go. Be careful, it's spicy!
- Stir in ½ tsp **water** (double for 4p).



Cook the Pork

- Place a large pan over medium-high heat with the remaining **sesame oil**.
- When hot, add the **pork**, **pak choi** and **mushrooms**. **IMPORTANT:** Wash hands and equipment after handling raw meat.
- Fry, breaking up the **pork** with a spoon as it cooks, until the **pork** is browned and **mushrooms** are softened, 5-6 mins.
- Remove the pan from the heat then add the remaining **soy sauce** and **honey**.
- Season to taste with **salt** and **pepper**. Stir to combine.



Coat the Noodles

- Gently separate the **noodles** with your hands.
- Add them to the pan and stir until softened and warmed through, 1-2 mins.
- Stir **half** the **coriander** and **half** the **sesame seeds** into the pan.



Finish and Serve

- Divide your **pork noodles** between bowls.
- Top with the sesame roast **peppers**.
- Drizzle over your sweet and spicy sauce.
- Finish with a sprinkling of the remaining **sesame seeds** and **coriander**.

Enjoy!