



# Thai Spiced Pork Noodles

with scallion and bell peppers

Calorie Smart Quick Cook 20 – 25 mins

12



Pork Mince



Lime



Ketjap Manis



Honey



Thai Style Spice Mix



Bell Pepper



Scallion



Soy Sauce



Udon Noodles

Pantry Items: Water, Salt, Pepper, Oil



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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

Sieve

## Ingredients

	2P	4P
Pork Mince	240 g	480 g
Lime	½ unit	1 unit
Ketjap Manis	2 sachets	4 sachets
Honey	1 sachet	2 sachets
Thai Style Spice Mix	1 sachet	2 sachets
Bell Pepper	2 units	4 units
Scallion	2 units	4 units
Soy Sauce	1 sachet	2 sachets
Udon Noodles	300 g	600 g

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>517.5 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2347.2 kJ/ 561 kcal	453.6 kJ/ 108.4 kcal
Fat (g)	16.2 g	3.1 g
Sat. Fat (g)	5.5 g	1.1 g
Carbohydrate (g)	72.1 g	13.9 g
Sugars (g)	22.7 g	4.4 g
Protein (g)	33.8 g	6.5 g
Salt (g)	3.6 g	0.7 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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### Cook the Noodles

- Boil a large pot of **water** for the **noodles**.
- Add the **noodles** and cook until warmed through, 1-2 mins.
- Once cooked, drain in a sieve and pop back in the pot, off the heat.
- Drizzle with **oil** and stir through to prevent sticking.

**TIP:** If you're in a hurry you can boil the water in your kettle.



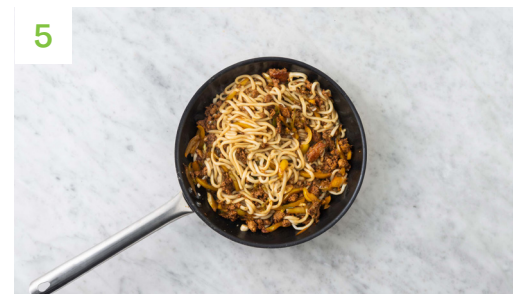
### Make the Sauce

- Squeeze in the juice of two **lime** wedges (double for 4p).
- Add **half** the **scallion** to the pan along with the **ketjap manis** and **soy sauce**.
- Simmer for 1-2 mins.
- Add a splash of **water** if you feel the sauce is too thick.



### Brown the Pork

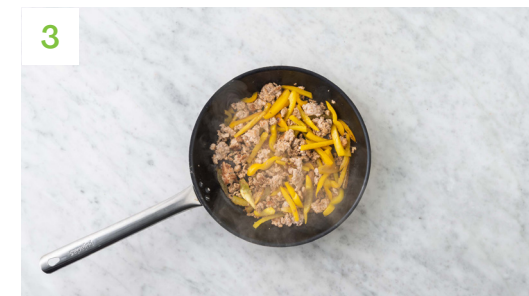
- Meanwhile, place a large pan over high heat with a drizzle of **oil**.
- Add the **pork** and sprinkle over the **Thai spice mix**.
- Fry until browned, breaking it up as it cooks, 5-6 mins. **IMPORTANT:** Wash hands and equipment after handling raw mince.



### Coat the Noodles

- Add the drained **noodles** to the **pork**.
- Cook, stirring, until the **noodles** are coated and everything is piping hot, 1-2 mins.
- Taste and season with **salt** and **pepper**.
- Stir the **honey** through the **noodles**.

**TIP:** If the honey has hardened pop the sachet in a bowl of hot water for 1 min.



### Prep the Veg

- Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Trim and thinly slice the **scallion**.
- Quarter the **lime**.
- Add the **pepper** to the pan and cook until softened, 3-4 mins. **IMPORTANT:** Mince is cooked when no longer pink in the middle.



### Garnish and Serve

- Share the **noodles** between your bowls.
- Finish with a sprinkling of the remaining **scallion**.

**Enjoy!**