



Thai Spiced Pork Noodles

with scallion and bell peppers

Calorie Smart Quick Cook 20-25 mins • Eat me first

12



Pork Mince



Coriander



Lime



Ketjap Manis



Red Wine Vinegar



Honey



Udon Noodles



Thai Style Spice Mix



Bell Pepper



Scallion

Pantry Items: Water, Salt, Pepper, Oil

Before you start

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

Cooking tools you will need

Colander

Ingredients

	2P	4P
Pork Mince	250 g	500 g
Coriander	5 g	10 g
Lime	½ units	1 unit
Ketjap Manis	2 sachets	4 sachets
Red Wine Vinegar	1 sachet	2 sachets
Honey	1 sachet	2 sachets
Udon Noodles	300 g	600 g
Thai Style Spice Mix	1 sachet	2 sachets
Bell Pepper	1 unit	2 units
Scallion	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	432.5 g	100 g
Energy (kJ/kcal)	2214 kJ/ 529.2 kcal	511.9 kJ/ 122.4 kcal
Fat (g)	16.4 g	3.8 g
Sat. Fat (g)	5.6 g	1.3 g
Carbohydrate (g)	62.5 g	14.5 g
Sugars (g)	17.8 g	4.1 g
Protein (g)	32.5 g	7.5 g
Salt (g)	1.9 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe.

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

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Cook the Noodles

- Boil a large pot of **water** for the **udon noodles**.
- Add the **noodles** then lower heat to medium-high and cook until warmed through, 1-2 mins.
- Once cooked, drain in a colander and pop back in the pot.
- Drizzle with **oil** and stir through to stop them sticking together.

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



Make the Sauce

- Squeeze in the juice of half the **lime** (double for 4p).
- Add the **scallion** to the pan along with the **ketjap manis**, **red wine vinegar** and **honey**.
- Bring to a simmer for 2 mins.

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



Brown the Pork

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



Coat the Noodles

- Add the cooked **noodles** and half the **coriander** to the **pork**.
- Stir to coat the **noodles** and cook until everything is piping hot.
- Season to taste with **salt** and **pepper**.



Prep the Veg

- While the **pork** is cooking, halve the **bell pepper** and remove the core and seeds. Slice into thin strips.
- Trim and thinly slice the **scallion**. Roughly chop the **coriander** (stalks and all). Halve the **lime**.
- Add the **pepper** to the pan and cook until softened, 3-4 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



Garnish and Serve

- Share the **noodles** between your bowls.
- Finish with a sprinkle of the remaining **coriander**.

Enjoy!