



SWEET & SOY PORK NOODLES

with Crunchy Vegetables



Make sweet and soy pork



Carrot



Snow Peas



Asian Greens



Spring Onion



Long Red Chilli (Optional)



Kecap Manis



Pork Loin Steaks



Fresh Hokkien Noodles



Roasted Cashews

Pantry Staples



Olive Oil



Water



Soy Sauce

Hands-on: **25** mins
Ready in: **35** mins

Spicy (optional long red chilli)

Milli and Vanilli, Ernie and Bert, Tango and Cash... there are plenty of famous pairs, but sweet and soy is our absolute favourite! OK, maybe our second favourite after Ernie and Bert.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **kettle, chef's knife, chopping board, small jug or bowl, two large bowls, tongs, fork, colander, large frying pan, plate** and **aluminium foil**.



1 GET PREPPED

Bring a full kettle of water to boil. Slice the **carrot** (unpeeled) into 0.5 cm batons. Trim the ends of the **snow peas** and slice in half lengthways. Roughly chop the **Asian greens**. Finely slice the **spring onion**. Finely slice the **long red chilli** (if using).



2 MARINATE THE PORK

In a small jug or bowl, combine the **soy sauce, kecap manis** and **warm water** (check the ingredients list for the amount). Place the **pork loin** steak and **1/2** of the **soy-kecap manis mixture** in a large bowl (reserve the rest of the sauce for later). Toss to coat the pork and set aside to marinate. **TIP:** If you have time, marinate the pork for **10 minutes** to enhance the flavour and increase tenderness.



4 COOK THE PORK

Heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. Once hot, add **1/2** of the **pork loin** steaks and cook for **2-3 minutes** on each side (depending on thickness), or until cooked through. **TIP:** It's okay to serve pork slightly blushing pink in the centre. Set aside on a plate and repeat with the remaining pork. Cover with foil to keep warm. Just before serving, slice into 1 cm thick slices.



5 MIX EVERYTHING TOGETHER

Return the frying pan to a medium-high heat and add a **drizzle** of **olive oil**. Add the **carrot, snow peas** and **Asian greens** and cook for **2 minutes**, or until tender but still crunchy. Add the **hokkien noodles**, the **spring onion** (reserve a few for the garnish) and the **remaining soy-kecap manis mixture** and toss for **1 minute**, or until the noodles are coated and heated through.



3 SOAK THE NOODLES

While the pork is marinating, place the **fresh hokkien noodles** in a large bowl and cover with boiling water. Soak for **5 minutes**, or until easily separated with a fork. **Note:** Be sure to use the correct amount of noodles so that your dish is balanced, just the way we planned it! Drain and return the noodles to the bowl.



6 SERVE UP

Divide the hokkien noodles and crunchy vegetables between bowls and top with the sweet and soy pork. Sprinkle over the **roasted cashews** and the remaining spring onion and spoon over any excess pan juices. Top the adults portion with the finely sliced long red chilli (if using).

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
carrot	2
snow peas	1 packet
Asian greens	1 bunch
spring onion	1 bunch
long red chilli (optional)	1
soy sauce*	3 tbs
kecap manis	1 sachet (2 tbs)
warm water*	1 tbs
pork loin steaks	1 packet
fresh hokkien noodles	1 1/2 packets (525 g)
roasted cashews	1 packet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2390kJ (572Cal)	575kJ (137Cal)
Protein (g)	45.2g	10.9g
Fat, total (g)	12.7g	3.0g
- saturated (g)	2.3g	0.5g
Carbohydrate (g)	63.7g	15.3g
- sugars (g)	12.9g	3.1g
Sodium (mg)	990mg	238mg

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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