



Everything But The Chef

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## Vietnamese Pork Salad

Perhaps you've felt it in the air- the chill is subsiding, the sun is shining, and all this can only mean one thing; Spring is just around the corner! To celebrate, we've whipped up this moreish Vietnamese pork salad with crunchy veggies, silky noodles and fragrant herbs. A fresh feast to welcome back, Mr. Sun!

- Prep:** 10 mins
- Cook:** 25 mins
- Total:** 35 mins
- gluten free**
- high protein**
- level 2**
- lactose free**
- spicy**

**4** **Pantry Items:** *Brown Sugar, Fish Sauce, Olive Oil, Water*



Spring Onions



Pork Loin



Lemon



Vermicelli Noodles



Long Red Chili



Carrot



Cucumber



Mint



Coriander

2P	4P	Ingredients
1 bunch	2 bunches	spring onions
1 tbs	2 tbs	brown sugar *
1 tbs	2 tbs	fish sauce *
1	2	lemon, juiced
1 tbs	2 tbs	olive oil *
1 tbs	2 tbs	water *
2 steaks	4 steaks	pork loin
1/3 packet	2/3 packet	vermicelli noodles
1	2	carrot, peeled & cut into matchsticks
1	2	cucumber, cut into half moons
1/2 bunch	1 bunch	mint, leaves picked
1 bunch	2 bunches	coriander, leaves picked
1	2	long red chilli, finely sliced

⊕ May feature in another recipe

\* Pantry Items

#### Nutrition per serving

Energy	2340	Kj
Protein	47.9	g
Fat, total	10.4	g
-saturated	2	g
Carbohydrate	65.8	g
-sugars	12.6	g
Sodium	585	mg

#### Measuretool

0 cm	1 cm	2 cm



**You will need:** chopping board, chef's knife, vegetable peeler, medium bowl, stirring spoon, cling wrap, large heatproof bowl, strainer, kitchen scissors, tongs, medium frying pan, plate, and foil.



**1** Finely chop the white part of the **spring onions**, reserving the green part. Place the chopped spring onion, the **brown sugar**, **fish sauce**, **lemon juice**, half of the **olive oil**, and a generous grind of **black pepper** in a medium bowl and stir until sugar dissolves. Set aside half of the marinade and add the **water** (this will become the salad dressing). Add the **pork steaks** to the remaining marinade and rub to coat well. Cover with cling wrap and set aside to marinate for at least **20 minutes**. Now would be a good time to prep the **carrot**, **cucumber**, **mint**, **coriander** and **chilli**.



**2** Meanwhile, place the **vermicelli noodles** in a large heatproof bowl and cover with boiling water. Set aside for **5 minutes** to soften, then drain. Using scissors, cut noodles into shorter lengths over the same bowl. Add the carrot, cucumber, mint, coriander and chilli. Slice the green part of the reserved spring onions and add to the bowl. Drizzle over the salad dressing and toss to coat well.



**3** Heat the remaining olive oil in a medium frying pan over a medium-low heat. Add the marinated pork and cook for **3 minutes** on each side, or until cooked to your liking (pork can be served a little on the pink side). Transfer to a plate and cover with foil. Rest for **5 minutes**. Cut into 1 cm thick slices.

**Tip:** The marinade will cause the pork to burn a little because of the brown sugar. It adds to the flavour, but keep an eye on it so that it doesn't burn too much.

**4** To serve, divide the noodle salad between bowls and top with the sliced pork, spooning over any resting juices.

**Did you know?** Cucumber is believed to have originated in India 3000 years ago!