HELLO FRESH

Quick Sweet Chilli Pork & Crunchy Noodles
with Celery & Spinach Slaw

EXPLORER | CLIMATE SUPERSTAR

Celery

Spring Onion

Mayonnaise

Ginger Paste

Pork Strips

Sweet Chilli Sauce

Slaw Mix

Baby Spinach Leaves

Crunchy Fried Noodles

Chicken Tenderloins

Prep in: 15-25 mins
Ready in: 15-25 mins

Carb Smart

Eat Me Early*
*Custom Recipe only

Lift your stir-fry game by teaming sweet chilli sauce with ginger - it's a killer combo that works a treat with succulent pork strips. We've swapped rice for a creamy, Asian-inspired slaw to keep the carbs down - and added a sprinkle of crunchy noodles to turn this into a textural treat.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Soy Sauce

AI

Before you start
Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need
Large frying pan

Ingredients

	2 People	4 People
*olive oil**	refer to method	refer to method
celery	1 medium bag	1 large bag
spring onion	1 stem	2 stems
mayonnaise	1 packet (40g)	1 packet (80g)
*vinegar** *(white wine or rice wine)*	drizzle	drizzle
ginger paste	1 medium packet	1 large packet
pork strips	1 small packet	2 small packets OR 1 large packet
sweet chilli sauce	1 medium packet	2 medium packets
*soy sauce**	1 tbs	2 tbs
slaw mix	1 small bag	1 large bag
baby spinach leaves	1 medium bag	1 large bag
crunchy fried noodles	1 packet	2 packets
chicken tenderloins**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1741kJ (416Cal)	503kJ (120Cal)
Protein (g)	29g	8.4g
Fat, total (g)	20.6g	6g
- saturated (g)	3.3g	1g
Carbohydrate (g)	27.2g	7.9g
- sugars (g)	16.3g	4.7g
Sodium (mg)	1394mg	403mg
Dietary Fibre (g)	5g	1.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1841kJ (440Cal)	477kJ (114Cal)
Protein (g)	40.7g	10.5g
Fat, total (g)	18.2g	4.7g
- saturated (g)	2.5g	0.6g
Carbohydrate (g)	26.2g	6.8g
- sugars (g)	16.1g	4.2g
Sodium (mg)	1050mg	272mg
Dietary Fibre (g)	5.2g	1.3g

The quantities provided above are averages only.

Allergens
Always read product labels for the most up-to-date allergen information. Visit **hellofresh.com.au/foodinfo** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!
Scan here if you have any questions or concerns

1

Get prepped
- Finely chop **celery**.
- Thinly slice **spring onion**.
- In a medium bowl, combine **mayonnaise**, a drizzle of **vinegar** and a pinch of **salt** and **pepper**. Set aside.

2

Cook the pork
- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **ginger paste** and **pork strips**, in batches until golden, **2-3 minutes**. Transfer to a plate.
- Remove pan from heat. Stir in **sweet chilli sauce**, the **soy sauce** and a splash of **water**.
- Return **pork** to pan, tossing to combine, **30 seconds**. Season to taste.

TIP: *Cooking the pork in batches over high heat helps it stay tender.*

Custom Recipe: If you've swapped to chicken tenderloins, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken tenderloins and ginger paste until browned and cooked through, 3-4 minutes each side. Return chicken to pan, continuing as above.

3

Make the slaw
- To bowl with mayo dressing, add **slaw mix**, **celery** and **baby spinach leaves**. Toss to combine. Season to taste.

4

Serve up
- Divide celery and spinach slaw between bowls.
- Top with sweet chilli pork, spooning over any remaining sauce from the pan.
- Sprinkle with **crunchy fried noodles** and **spring onion** to serve. Enjoy!

Custom Recipe: Top celery and spinach slaw with sweet chilli chicken.

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