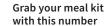


# Sweet Soy Pork & Crunchy Noodles with Pea Pod & Spinach Slaw













Spring Onion



Mayonnaise



Sweet Soy

Seasoning





Pork Strips



Slaw Mix



Sweet Chill

**Baby Spinach** Leaves



Noodles





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

**Carb Smart** 



Lift your stir-fry game by teaming sweet chilli sauce with our sweet soy seasoning - 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.



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

### Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
pea pods	1 small packet	1 medium packet
spring onion	1 stem	2 stems
mayonnaise	1 medium packet	1 large packet
soy sauce*	½ tsp	1 tsp
vinegar* (white wine or rice wine)	drizzle	drizzle
sweet soy seasoning	1 sachet	2 sachets
pork strips	1 medium packet	2 medium packets OR 1 large packet
sweet chilli sauce	1 medium packet	2 medium packets
slaw mix	1 small packet	1 large packet
baby spinach leaves	1 medium packet	1 large packet
crunchy fried noodles	1 packet	2 packets

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1933kJ (462cal)	258kJ (62cal)
Protein (g)	29.4g	3.9g
Fat, total (g)	23.9g	3.2g
- saturated (g)	3.8g	0.5g
Carbohydrate (g)	31.2g	4.2g
- sugars (g)	18.5g	2.5g
Sodium (mg)	1823mg	243.7mg
Dietary Fibre (g)	5.3g	0.7g

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.



# Get prepped

- Trim and roughly chop pea pods.
- Thinly slice **spring onion**.
- In a medium bowl, combine mayonnaise, the soy sauce, a drizzle of vinegar and a pinch of salt and pepper. Set aside.



#### Make the slaw

 Add slaw mix, pea pods and baby spinach leaves to the bowl with the mayo dressing. Toss to combine. Season to taste.



## Cook the pork

- Meanwhile, heat a drizzle of olive oil in a large frying pan over high heat.
   When oil is hot, stir-fry sweet soy seasoning and pork strips until golden,
   2-3 minutes (cook in batches if your pan is getting crowded!). Transfer to a plate.
- Remove pan from heat. Stir in sweet chilli sauce and a splash of water.
   Season to taste with salt and pepper.



### Serve up

- Divide pea pod and spinach slaw between plates.
- Top with sweet soy pork, spooning over any remaining sauce from the pan.
- Sprinkle with crunchy fried noodles and top with spring onion to serve. Enjoy!









if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

