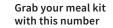


Sweet Soy Pork & Crunchy Noodles with Pea Pod & Spinach Slaw

SUMMER SALADS









Spring Onion



Mayonnaise







Pork Strips







Sweet Chill

Slaw Mix

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

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	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 packet	2 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
*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

- To the bowl with mayo dressing, add slaw mix, pea pods and baby spinach leaves.
- Toss to combine and season to taste.



Cook the pork

- Meanwhile, in a large frying pan, heat a drizzle of olive oil 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 bowls.
- Top with sweet soy pork, spooning over sweet chilli sauce from the pan.
- Sprinkle with crunchy fried noodles and top with spring onion to serve. Enjoy!









Follow method above, cooking in batches if necessary.

