

Sweet Soy Pork & Crunchy Noodles

with Pea Pod & Spinach Slaw

SUMMER SALADS

Grab your meal kit with this number

35



Pea Pods



Spring Onion



Mayonnaise



Sweet Soy Seasoning



Pork Strips



Sweet Chilli Sauce



Slaw Mix



Baby Spinach Leaves



Crunchy Fried Noodles



Chicken Tenderloins



Pork Strips

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



Protein Rich



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.

Pantry items

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 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!

We're here to help!

Scan here if you have any questions or concerns

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CUSTOM OPTIONS



SWAP TO CHICKEN TENDERLOINS

Follow method above, cooking chicken tenderloins for 3-4 minutes each side.



DOUBLE PORK STRIPS

Follow method above, cooking in batches if necessary.

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

