



# CARAMEL PORK

with Soy & Sesame Noodles



Master a caramel sauce that pairs perfectly with pork



Brown Onion



Pork Loin



Asian Greens



Chinese Five Spice



Sesame Seeds



Garlic



Hokkien Noodles

### Pantry Staples



Sesame Oil



Olive Oil



Brown Sugar



Water



Fish Sauce



Salt-Reduced Soy Sauce



Hands-on: 15 mins  
Ready in: 25 mins

This caramel sauce is amazingly sweet and sticky and the perfect thing to bring together succulent pork and saucy noodles. Get ready for a decadently good time!

# BEFORE YOU — START

You will need: **chef's knife, chopping board, two medium frying pans, wooden spoon** and **garlic crusher**. Let's start cooking the **Caramel Pork with Soy & Sesame Noodles**



## 1 GET PREPPED

Finely slice the **brown onion**. Cut the **pork loin** steak into 1 cm cubes. Peel and crush the **garlic**. Roughly chop the **Asian greens**.



## 2 COOK THE PORK

Heat **1/3** of the **olive oil** in a medium frying pan over a medium-high heat. Add the **pork loin** steak cubes and cook for **2 minutes** to brown (the pork will finish cooking in step 3). Remove from the pan and set aside. Add **1/3** of the **olive oil** and the **brown onion** and cook for **3 minutes**, or until softened. Add the **Chinese five spice** and cook for **2 minutes**, or until fragrant.



## 3 MAKE THE CARAMEL SAUCE

**+** Reduce the heat to low and add the **brown sugar, water, fish sauce** and **1/3** of the **salt-reduced soy sauce** to the pan with the **onion**. Season with **salt** and **pepper** and stir to dissolve. Simmer for **10 minutes**, or until the sauce has reduced and thickened. Add the **pork** back to the pan and cook for a further **2 minutes** to heat through.



## 4 TOAST THE SESAME SEEDS

Meanwhile, heat a second medium frying pan over a medium-high heat. Add the **sesame seeds** and toast, stirring, for **3-4 minutes**, or until golden. Add the **remaining olive oil** and **garlic**. Cook for **1 minute**, or until fragrant.



## 5 COOK THE NOODLES & GREENS

Add the **Asian greens, Hokkien noodles, sesame oil** and **remaining soy sauce** and stir to coat. Cook for **2-3 minutes**, or until the noodles have softened and heated through.



## 6 SERVE UP

To serve, divide the soy and sesame noodles between plates and top with the caramel pork.

Enjoy!

# 4-5 PEOPLE — INGREDIENTS

	4-5P
<b>brown onion</b>	1/2
pork loin	4-5 steaks
<b>garlic</b>	2 cloves
Asian greens	2 bunches
olive oil*	3 tbs
Chinese five spice	1 sachet (2 tsp)
brown sugar*	2 tbs
water*	2 tbs
fish sauce*	1/2 tbs
salt-reduced soy sauce*	3 tbs
sesame seeds	2 packets (2 tbs)
Hokkien noodles	2 packets (700g)
sesame oil*	2 tbs

\*Pantry Items | Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3280kJ (783Cal)	681kJ (163Cal)
Protein (g)	54.5g	11.3g
Fat, total (g)	23.8g	4.9g
- saturated (g)	3.5g	0.7g
Carbohydrate (g)	81.6g	17.0g
- sugars (g)	15.3g	3.2g
Sodium (mg)	816mg	170mg

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