



Sweet Soy Pork Noodles

with Snow Peas

Grab your Meal Kit with this symbol



Ginger



Garlic



Capsicum



Snow Peas



Asian Greens



Coriander



Lime



Flat Noodles



Pork Mince



Southeast Asian Spice Blend



Oyster Sauce

Hands-on: **30 mins**
 Ready in: **35 mins**

Low Calorie

Add colourful veggies to a quick noodle stir-fry for maximum flavour. With a squeeze of zesty lime to bring the meal together, this dinner is oodles of fun!

Pantry items

Olive Oil, Soy Sauce, Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · Large frying pan or wok

Ingredients

	4 People
olive oil*	refer to method
ginger	1 knob
garlic	3 cloves
capsicum	1
snow peas	1 bag (200g)
Asian greens	1 bunch
coriander	1 bag
lime	1
flat noodles	2 packets
pork mince	1 packet
Southeast Asian Spice Blend	2 sachets
oyster sauce	1 packet (100g)
soy sauce*	1½ tbs
water*	2 tbs
honey*	1½ tbs

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2190kJ (522Cal)	497kJ (119Cal)
Protein (g)	39.9g	9.1g
Fat, total (g)	14.1g	3.2g
- saturated (g)	4.5g	1.0g
Carbohydrate (g)	56.9g	12.9g
- sugars (g)	16.7g	3.8g
Sodium (g)	2010mg	456mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Get prepped

Bring a medium saucepan of water to the boil. Finely grate the **ginger**. Finely grate the **garlic** (or use a garlic press). Thinly slice the **capsicum**. Trim and halve the **snow peas**. Roughly chop the **Asian greens**. Roughly chop the **coriander**. Zest the **lime**, then slice into wedges.



4. Make the sauce

In a small bowl, combine the **oyster sauce**, **soy sauce**, the **water** and **honey**.



2. Cook the noodles

Add the **flat noodles** to the saucepan of boiling water and cook until tender, **2-3 minutes**. Drain and refresh under cold water.



5. Cook the veggies

Return the frying pan or wok to a high heat and add a **drizzle of olive oil**. Add the **capsicum** and cook until softened, **3-4 minutes**. Add the **snow peas** and **Asian greens** and cook until wilted and just tender, **1 minute**. Add the **oyster sauce mixture** to the pan and stir through until well coated. Add the **pork** and **noodles** to the pan. Toss to coat and heat through, **1 minute**.



3. Cook the pork mince

While the noodles are cooking, heat a **drizzle of olive oil** in a large frying pan or wok over a high heat. Add the **pork mince** and cook, breaking up with a spoon, until browned, **4-5 minutes**. Add the **ginger**, **garlic**, **Southeast Asian spice blend**, **lime zest** and a **pinch of salt** and cook until fragrant, **1-2 minutes**. Transfer to a bowl and set aside.



6. Serve up

Divide the sweet soy pork noodles between bowls. Add a squeeze of lime juice and garnish with coriander.

Enjoy!