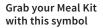


# Sweet Chilli Pork & Crunchy Noodles

with Pear Slaw

















Sweet Chilli Sauce









Mixed Leaves



Herbs



Prep in: 15-25 mins Ready in: 20-30 mins

**Carb Smart** 

Lift your stir-fry game by teaming sweet chilli sauce with ginger - 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. Don't forget the coriander garnish, it makes the whole dish sing!

#### **Pantry items**

Olive Oil, Rice Wine Vinegar, Soy Sauce

#### 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

Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pear	1	2
mayonnaise	1 packet (40g)	1 packet (100g)
rice wine vinegar*	drizzle	drizzle
pork strips	1 small packet	1 large packet
ginger paste	1 medium packet	1 large packet
sweet chilli sauce	1 packet (50g)	1 packet (100g)
soy sauce*	1 tbs	2 tbs
slaw mix	1 small bag	1 large bag
mixed leaves	1 medium bag	1 large bag
crunchy fried noodles	1 medium packet	1 large packet
herbs	1 bag	1 bag

**<sup>★</sup>**Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kj)	1920kJ (458Cal)	520kJ (124Cal)
Protein (g)	34.4g	9.3g
Fat, total (g)	21.8g	5.9g
- saturated (g)	4.1g	1.1g
Carbohydrate (g)	29.3g	7.9g
- sugars (g)	19.3g	5.2g
Sodium (mg)	1326mg	359mg
Dietary Fibre	5.7g	1.5g

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

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

- Thinly slice **pear** into wedges.
- In a medium bowl, combine mayonnaise, a drizzle of rice wine vinegar and a pinch of salt and pepper.



#### Make the slaw

- While the pork is cooking, add slaw mix, pear and mixed leaves to the bowl with mayo dressing.
- Toss to combine. Season to taste.



## Cook the pork

- In a large frying pan, heat a drizzle of olive oil over high heat. When oil is
  hot, cook pork strips, in batches, until golden, 2-3 minutes. Transfer to
  a plate.
- Return pan to high heat. Cook **ginger paste** until fragrant, **1 minute**.
- Remove pan from heat. Stir in sweet chilli sauce, the soy sauce and a splash of water. Return pork to pan, tossing to combine, 30 seconds.
   Season to taste.

**TIP:** Cooking the pork in batches over a high heat helps it stay tender.



#### Serve up

- Divide pear slaw between plates.
- Top with sweet chilli pork, spooning over any remaining sauce from the pan.
- Sprinkle with crunchy fried noodles and torn herbs to serve.

#### Enjoy!