

Sweet Chilli Pork & Crunchy Noodles

with Pear Slaw

Grab your Meal Kit with this symbol



Pear



Mayonnaise



Pork Strips



Ginger Paste



Sweet Chilli Sauce



Slaw Mix



Mixed Leaves




Crunchy Fried Noodles



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

*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](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

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

3



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.

2



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.

4



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!