



Everything
But The Chef

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Coriander Pork Patties

This noodle dish is perfect for a warm summer's evening; it will fill you up and still keep you light on your toes. Juicy pork patties pack a punch of flavour, and fresh, lively herbs dance on the palate with each and every mouthful. Served on a bed of rice noodles and with a tangy dressing, tell the kids that this dish is just like meatballs and spaghetti, only Oriental-style, so hold the Parmesan cheese!

Prep: 15 mins
 Cook: 10 mins
Total: 25 mins

level 2

lactose free

gluten free †

helping hands

spicy

Pantry Items



Soy Sauce



Warm Water



Brown Sugar



Fish Sauce



Vegetable Oil



Pork Mince



Red Onion



Coriander



Mint



Rice Stick Noodles



Cucumber



Lemon



Birdseye Chilli

Qty	Ingredients
500 g	pork mince
1	red onion, finely chopped
1 bunch	coriander, finely chopped
1 bunch	mint, finely chopped
¼ cup	salt-reduced soy sauce *
⅔ packet	rice stick noodles
2	cucumber, halved & cut into half moons
2 tbs	warm water *
1	lemon, juiced
1 ½ tsp	brown sugar *
2 tsp	fish sauce *
½ tsp	vegetable oil *
1	birdseye chilli, sliced (optional)

⊕ May feature in another recipe

* Pantry Items

Servings per recipe: 4

Nutrition per serve

Energy	1840	Kj
Protein	31.8	g
Fat, total	9.5	g
-saturated	3.4	g
Carbohydrate	54.6	g
-sugars	3.8	g
Sodium	778	mg

† To ensure this is a gluten free recipe, please check that your sauces & condiments are gluten free.

1



You will need: chef's knife, chopping board, large bowl x 2, plate, small bowl, and a large frying pan.

1 In a large bowl, combine the **pork mince**, **red onion**, half of the **coriander**, half of the **mint**, and a third of the **salt-reduced soy sauce**. Shape mixture into patties (2-3 per person) place them on a plate or tray and refrigerate for **10 minutes**.

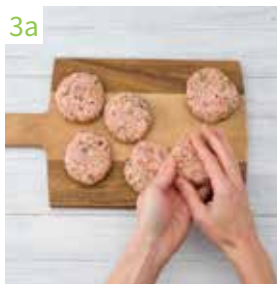
2 Cook the **rice stick noodles** according to packet directions. Drain. Transfer to a large bowl. Add the **cucumber** and remaining coriander and mint.

3 In a small bowl combine the remaining soy sauce, **warm water**, **lemon juice**, **brown sugar** and **fish sauce**. Add the dressing to the noodles and toss to coat well.

4 Heat the **olive oil** in a large frying pan over a medium-high heat. Add half the pork patties and cook for **3-4 minutes** on each side or until cooked through. Repeat with the remaining pork patties.

5 Divide noodles between bowls and top with coriander pork patties. Garnish with the **birdseye chilli** if you'd like.

3a



3b



3c



Did you know? Pigs were first domesticated in China around 7500 BC.