



UCOOK

Sticky Teriyaki Pork Noodles

with pak choi, honey, kimchi & peanuts

Practically no prep! Tons of Japanese-inspired flavour! A tantalising teriyaki sauce with oodles of soba noodles, sticky pork strips, and pak choi – all flecked with kimchi and toasted peanuts.


Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

 Easy Peasy

 Lanzerac Estate | Keldermeester Versameling Bergpad

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Ingredients & Prep

15g	Peanuts
5ml	Beef Stock
50g	Soba Noodles
150g	Pak Choi <i>trimmed at the base</i>
150g	Pork Schnitzel (without crumb)
55ml	Sticky Teriyaki Sauce <i>(30ml Ong's Teriyaki Sauce, 10ml Low Sodium Soy Sauce & 15ml Honey)</i>
30g	Kimchi <i>roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. EARTHY GROUNDNUTS Boil a full kettle for step 2. Place a pan or wok over a medium heat. When hot, toast the peanuts for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

2. GET THE NOODLES GOING Dilute the stock with 100ml of boiling water and set aside. Fill a pot with boiling water, add a pinch of salt, and place over a high heat. Once bubbling rapidly, cook the noodles for 6-8 minutes until tender. Drain on completion and run under cold water to stop the cooking process. Return to the pot, toss through some oil to prevent sticking, and set aside.

3. PAK CHOI PREP Separate the trimmed pak choi and rinse well. Slice the green leaves in half lengthways and set aside. Finely slice the stems. Return the pan or wok to a medium heat with a drizzle of oil. When hot, sauté the stems for 2-3 minutes until slightly softened. Transfer to a bowl on completion, cover to keep warm, and set aside.

4. BROWN THE PORK Return the pan or wok to a medium-high heat with another drizzle of oil. Pat the pork dry with paper towel and slice into 2cm thick strips. When the pan is hot, flash fry for 1-2 minutes until browned but not cooked through, shifting as they colour. On completion, add to the bowl of pak choi stems.

5. TERRIFIC TERIYAKI Return the pan or wok to the heat and pour in the diluted stock. Mix in the sticky teriyaki sauce and bring to a simmer. Allow to reduce for 4-5 minutes until slightly thickened, stirring occasionally. Once reduced, stir through the cooked noodles, pork strips, pak choi stems, and leaves. Cook for 2-3 minutes until the leaves are wilted and the pork is cooked through. Season to taste and remove from the heat on completion.

6. WARM & SOULFUL Dish up a bowl of saucy teriyaki pork noodles. Scatter over the chopped kimchi to taste, and garnish with the chopped peanuts. Time to receive this beautiful meal. Itadakimasu.



Chef's Tip

We suggest using a wok for this recipe if you have one. The best thing about a wok is that it distributes heat more evenly and so requires less oil. It also ensures that food tossed during stir frying lands back in the pan and not all over the stove!

Nutritional Information

Per 100g

Energy	532kJ
Energy	127Kcal
Protein	11g
Carbs	14g
of which sugars	5.3g
Fibre	1.1g
Fat	2.9g
of which saturated	0.7g
Sodium	655mg

Allergens

Gluten, Allium, Peanuts, Wheat, Sulphites, Soy

Cook
within 2
Days