



# UCOOK

## Thai Pork Mince & Noodles

with fresh mint

After making this delicious dish, Chef, you will be able to say: 'Been there, Thai'd that!' You'll want to make this dish over and over once you savour the rice noodles mixed with golden onion, browned pork mince, carrot matchsticks, chilli & fresh mint, coated in a special UCOOK Thai dressing.

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**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

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**Serves:** 4 People

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**Chef:** Hellen Mwanza



Simple & Save



Waterkloof | Circumstance Cape Coral  
Mourvedre Rose

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## Ingredients & Prep

400g	Flat Rice Noodles
2	Onions <i>peeled &amp; finely diced</i>
160ml	Thai Dressing <i>(20ml Fish Sauce &amp; 140ml Low Sodium Soy Sauce)</i>
60ml	Lime Juice
2	Fresh Chillies <i>rinsed, trimmed, deseeded &amp; finely sliced</i>
600g	Pork Mince
480g	Carrot <i>rinsed, trimmed, peeled &amp; cut into thin matchsticks</i>
10g	Fresh Mint <i>rinsed, picked &amp; finely sliced</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey

**1. NOW, FOR THE NOODLES** Boil the kettle. Place the noodles in a bowl and submerge in boiling water. Season and set aside to rehydrate, 8-10 minutes. Drain and rinse in cold water.

**2. GO FOR GOLDEN** Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 6-7 minutes (shifting occasionally).

**3. TO-THAI-FOR DRESSING** In a small bowl, combine the Thai dressing, the lime juice, the sliced chilli (to taste), a drizzle of oil, 60ml of water, a sweetener, and seasoning. Set aside.

**4. PERFECT PORK MINCE** When the onions are brown, add the mince and work quickly to break it up as it starts to cook. Fry until browned, 5-6 minutes (shifting occasionally).

**5. MIX THINGS UP** In the final 1-2 minutes, mix through the cooked noodles, the carrot matchsticks, the Thai chilli dressing, and ½ the sliced mint. Remove from the heat and season.

**6. ONE WORD: YUM!** Plate up the juicy pork & noodles, and scatter over the remaining sliced mint.

## Nutritional Information

Per 100g

Energy	701kJ
Energy	167kcal
Protein	7.4g
Carbs	20g
of which sugars	2g
Fibre	1.3g
Fat	7.2g
of which saturated	2.9g
Sodium	403mg

## Allergens

Gluten, Allium, Wheat, Fish, Soy,  
Shellfish

Cook  
within 1  
Day