



# UCCOOK

## The Perfect Pork Pad Thai

**with a tangy Thai sauce & toasted coconut**

Pork is served on a bed of rice noodles to soak up a flavoursome tamarind, fish & soy sauce dressing! Accompanied by pak choi, coriander, lemon and spring onion, plus an optional egg if you so desire! Finished off with an unusual suspect: toasted coconut! Your taste buds don't know what's about to hit them!

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**Hands-on Time:** 10 minutes

**Overall Time:** 20 minutes

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**Serves:** 1 Person

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**Chef:** Alex Levett

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 Quick & Easy

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 Waterford Estate | Range Chardonnay 2018

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## Ingredients & Prep

|        |                                                                                                                 |
|--------|-----------------------------------------------------------------------------------------------------------------|
| 50g    | Flat Rice Noodles                                                                                               |
| 15g    | Coconut Flakes                                                                                                  |
| 160g   | Pork Neck Steak<br><i>cut into bite-sized pieces</i>                                                            |
| 1      | Spring Onion<br><i>finely sliced, keeping the white &amp; green parts separate</i>                              |
| 1      | Garlic Clove<br><i>peeled &amp; grated</i>                                                                      |
| 100g   | Cabbage<br><i>roughly sliced</i>                                                                                |
| 52,5ml | Pad Thai Dressing<br><i>(15ml Fish Sauce, 15ml Tamarind Paste, 15ml Sugar &amp; 7,5ml Low Sodium Soy Sauce)</i> |
| 100g   | Pak Choi<br><i>trimmed at the base &amp; sliced in half lengthways</i>                                          |
| 4g     | Fresh Coriander<br><i>rinsed &amp; roughly chopped</i>                                                          |
| 1      | Lemon<br><i>cut into wedges</i>                                                                                 |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Egg/s (optional)

**1. PREPARE THE NOODS** Boil the kettle. Using a shallow bowl, submerge the noodles in boiling water and add a pinch of salt. Give them a stir, cover with a plate, and set aside to soak for 8-10 minutes until cooked through and glassy. Drain on completion and toss through some oil to prevent sticking.

**2. COCO COCONUT** Place the coconut flakes in a pan over a medium heat. Toast for 2-4 minutes until lightly golden, shifting occasionally. Remove from the pan on completion and set aside to cool.

**3. PAD THAI FRY** Return the pan to a high heat with a drizzle of oil. When hot, add the pork pieces and brown for 2-3 minutes, shifting occasionally. Once browned, remove from the pan, season, and set aside. Return the pan to a medium heat with a drizzle of oil if necessary. Add the spring onion whites and grated garlic and fry for 1-2 minutes until fragrant. Add the sliced cabbage and fry for 1-2 minutes. Stir through the pad thai dressing, cooked noodles, halved pak choi, the pork and simmer for 2-3 minutes until the noodles are warmed through and the leaves are wilted.

**4. OPTIONAL EGG** Push the noodle mix to one side in the pan, leaving a space to crack 1 egg. Scramble the egg with your spatula or wooden spoon and sauté until cooked to your preference. Once cooked, mix through the noodle mixture. Add  $\frac{3}{4}$  of the chopped coriander, a squeeze of lemon juice, and some seasoning to taste.

**5. PAD THAI TIME** Plate up your pad thai noodles. Sprinkle over the toasted coconut. Garnish with the sliced spring onion greens, remaining coriander and a lemon wedge. Tuck in!



## Chef's Tip

If you're feeling fancy, slice the green parts of the spring onion into long, thin strips and place them in a bowl of ice water to make them curly for your garnish!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 651kJ   |
| Energy             | 156kcal |
| Protein            | 7.2g    |
| Carbs              | 15g     |
| of which sugars    | 5.1g    |
| Fibre              | 1.6g    |
| Fat                | 7.8g    |
| of which saturated | 3.8g    |
| Sodium             | 360.9mg |

## Allergens

Gluten, Allium, Wheat, Sulphites, Fish, Soy, Shellfish/Seafood

Cook  
within 2  
Days