



# UCOOK

## No Noodle Pork Stir-fry

with sliced cabbage, lime & chilli flakes

A noodle-free stir-fry loaded with cabbage, carrot, onion, green beans, and tender pork fillet. It is doused in a tasty Pad Thai sauce and sprinkled with chopped peanuts and chilli flakes. This dish has it all; flavour, crunch and spice!

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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:** Thea Richter

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 Carb Conscious

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 Boschendal | Rache'sfontein Chenin Blanc

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## Ingredients & Prep

30ml	Pad Thai Base <i>(20ml Tamari Sauce &amp; 10ml Fish Sauce)</i>
30ml	Peanut Butter
1	Garlic Clove <i>peeled &amp; grated</i>
5ml	Dried Chilli Flakes
1	Lime <i>½ zested &amp; cut into wedges</i>
150g	Pork Fillet <i>pat dry &amp; cut into bite-sized chunks</i>
1	Onion <i>½ peeled &amp; cut into thick slices</i>
80g	Green Beans <i>rinsed, trimmed &amp; sliced into thirds</i>
100g	Cabbage <i>finely sliced</i>
75g	Julienne Carrot
10g	Peanuts <i>roughly chopped</i>

## From Your Kitchen

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

**1. PAD THAI SAUCE** In a bowl, combine the pad thai base, the peanut butter, the grated garlic (to taste), ½ the chilli flakes (to taste), the juice of 1 lime wedge, 10ml of a sweetener of choice, and 30ml of water. Set aside.

**2. GOLDEN PORK** Place a pan or wok over a medium-high heat with a drizzle of oil. When hot, add the pork chunks and fry for 1-2 minutes per side until browned and cooked through, shifting occasionally. Remove from the pan on completion.

**3. ALL TOGETHER NOW!** Return the pan or wok to a medium-high heat with a drizzle of oil. When hot, add the onion slices and fry for 3-4 minutes until soft, shifting occasionally. Add the sliced green beans and fry for 2-3 minutes until slightly softened, shifting occasionally. Add the sliced cabbage and the julienne carrot and fry for 2-3 minutes until slightly softened but still crunchy, shifting occasionally. Add the fried pork and the pad thai sauce and toss until fully combined. Leave to simmer for 1-2 minutes until slightly reduced, shifting occasionally. Loosen with a splash of water if the sauce reduces too quickly. Remove from the heat on completion, toss through the lime zest, and season to taste.

**4. NO TO NOODLES, YES TO YUM!** Plate up the noodle-less stir-fry. Sprinkle over the chopped peanuts and the remaining chilli flakes (to taste). Serve with a lime wedge and dive in!

## Nutritional Information

Per 100g

Energy	434kJ
Energy	104Kcal
Protein	8.7g
Carbs	6g
of which sugars	2.8g
Fibre	2.1g
Fat	4.4g
of which saturated	1g
Sodium	4mg

## Allergens

Allium, Peanuts, Fish, Soy, Shellfish/Seafood

Cook  
within 2  
Days