

UCCOOK

Soy-Glazed Pork Stir-fry

with rice noodles

Hands-on Time: 40 minutes

Overall Time: 55 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Suné van Zyl

Nutritional Info	Per 100g	Per Portion
Energy	299kJ	1982kJ
Energy	71kcal	474kcal
Protein	6.8g	45.1g
Carbs	9g	60g
of which sugars	1g	8g
Fibre	1g	10g
Fat	1.4g	9.2g
of which saturated	0.6g	3.8g
Sodium	126.3mg	837.5mg

Allergens: Gluten, Allium, Wheat, Sulphites, Soy, Sugar Alcohol (Sweetener)

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Pork Fillet
15ml	20ml	Smoked Paprika
150g	200g	Flat Rice Noodles
450g	600g	Pak Choi <i>rinse & trim at the base</i>
3	4	Bell Peppers <i>rinse, deseed & cut into strips</i>
30g	40g	Fresh Ginger <i>peel & grate</i>
150ml	200ml	Sweet Soy <i>(120ml [160ml] Carb Smart Sweet Chilli Sauce & 30ml [40ml] Low Sodium Soy Sauce)</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

Paper Towel

Cooking Spray

1. PAPRIKA BEEF Place a pan over medium heat and lightly add cooking spray. Pat the pork dry with paper towel, cut into 1cm strips, and coat with the smoked paprika. When hot, sear the pork until browned and cooked through, 1-2 minutes (shifting occasionally). Remove from the pan and season.

2. OODLES OF 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 set aside.

3. ADD SOME COLOUR Finely slice the pak choi stems and set aside. Slice the leafy parts in half lengthways, keeping them separate from the stems. Return the pan to medium heat, with more cooking spray (if necessary). When hot, fry the peppers and the pak choi stems until lightly charred, 4-6 minutes (shifting occasionally). In the final 1-2 minutes, add the pak choi leaves and the ginger and fry until fragrant.

4. ENJOY To the pan, add the noodles (drained) and the pork strips and stir through the sweet soy sauce. Toss constantly, and cook until everything has warmed through. Dish up the loaded noodles and dig in, Chef!