



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!

Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 4 People

Chef: Thea Richter

 Carb Conscious

 Boschendal | Rache'sfontein Chenin Blanc

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

120ml	Pad Thai Base <i>(80ml Tamari & 40ml Fish Sauce)</i>
125ml	Peanut Butter
2	Garlic Cloves <i>peeled & grated</i>
20ml	Dried Chilli Flakes
2	Limes <i>zested & cut into wedges</i>
600g	Pork Fillet <i>pat dry & cut into bite-sized chunks</i>
2	Onions <i>peeled & cut into thick slices</i>
320g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
400g	Cabbage <i>finely sliced</i>
300g	Julienne Carrot
40g	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 4 lime wedges, 40ml of a sweetener of choice, and 120ml of water. Set aside.

2. GOLDEN PORK Place a large 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. You may need to do this step in batches. 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 4-5 minutes until soft, shifting occasionally. Add the sliced green beans and fry for 3-4 minutes until slightly softened, shifting occasionally. Add the sliced cabbage and the julienne carrot and fry for 3-4 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