



# UCOOK

## Pork Pad Thai

with flat rice noodles & pak choi

Not only is this popular Thai street food dish simple to make, but it's also packed full of nutrients. That's because of the satisfying combination of glassy rice noodles, golden-fried pork mince and a medley of pak choi, fresh coriander & cabbage. You'll pad yourself on the back after making this, Chef!

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes


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**Serves:** 2 People

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**Chef:** Morgan Nell

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 **\*NEW Simple & Save**

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 **Waterkloof | Circumstance Viognier**

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## Ingredients & Prep

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100g	Rice Noodles
300g	Pork Mince
1	Garlic Clove <i>peeled &amp; grated</i>
200g	Cabbage <i>roughly sliced</i>
70ml	Pad Thai Dressing <i>(5ml Fish Sauce, 10ml Tamarind Paste, 15ml Sugar, 10ml Lemon Juice &amp; 30ml Low Sodium Soy Sauce)</i>
200g	Pak Choi <i>trimmed at the base &amp; sliced in half lengthways</i>
8g	Fresh Coriander <i>rinsed &amp; roughly chopped</i>

## From Your Kitchen

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

**1. OODLES OF NOODLES** 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. PAD THAI FRY** Place a nonstick pan over a high heat with a drizzle of oil. When hot, add in the mince and work quickly to break it up as it starts to cook. Allow to caramelise for 5-6 minutes until browned, stirring 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 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 mince and simmer for 2-3 minutes until the noodles are warmed through and the leaves are wilted.

**3. 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 and some seasoning to taste.

**4. PAD THAI TIME** Plate up your Pad Thai noodles. Garnish with the remaining coriander. Tuck in!

## Nutritional Information

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Per 100g

Energy	643kJ
Energy	154kcal
Protein	7.8g
Carbs	13g
of which sugars	3.1g
Fibre	1g
Fat	7.9g
of which saturated	3g
Sodium	243mg

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## Allergens

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

Cook  
within 1  
Day