

WCOOK

Spicy Pork Egg Noodles

with bell pepper & tangy Asian sauce

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Simple & Save: Serves 3 & 4

Chef: Suné van Zyl

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross
Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	446kJ	3099kJ
Energy	107kcal	741kcal
Protein	7g	48.9g
Carbs	13g	92g
of which sugars	3g	21g
Fibre	1.2g	8.1g
Fat	2.5g	17.6g
of which saturated	0.6g	4.2g
Sodium	194mg	1351mg

Allergens: Sulphites, Shellfish, Egg, Peanuts, Gluten,
Sesame, Wheat, Soya, Allium

Spice Level: Mild

Eat Within 1 Day



Ingredients & Prep Actions:

Serves 3	[Serves 4]	
180g	240g	Egg Noodles
30g	40g	Peanuts <i>roughly chop</i>
450g	600g	Pork Schnitzel (without crumb) <i>pat dry & slice into 1cm thick strips</i>
90ml	120ml	Spicy Flour <i>(75ml [100ml] Cornflour & 15ml [20ml] Dried Chilli Flakes)</i>
2	2	Onions <i>peel & roughly slice 1½ [2]</i>
2	2	Bell Peppers <i>rinse, deseed & cut 1½ [2] into strips</i>
180ml	240ml	Tangy Asian Sauce <i>(60ml [80ml] Tomato Sauce, 45ml [60ml] Rice Wine Vinegar, 60ml [80ml] Oyster Sauce & 15ml [20ml] Sesame Oil)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

- 1. EGG NOODLES** Bring a pot of salted water to a boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain and rinse in cold water.
- 2. TOASTED** Place the peanuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.
- 3. CRISPY PORK** Place a pan over high heat with enough oil to cover the base. Coat the pork in the spicy flour, and season. When hot, fry the pork until browned and crispy, 30-60 seconds (shifting occasionally). You may need to do this step in batches. Remove from the pan and drain on paper towel.
- 4. SAUCY VEGGIES** Return the pan to medium heat with a drizzle of oil. Fry the onion and the pepper until lightly charred but still crunchy, 4-5 minutes. Pour in 150ml [200ml] of water and simmer until slightly reduced, 2-3 minutes. Mix in the noodles, the crispy pork, and the tangy Asian sauce. Remove from the heat and season.
- 5. DINNER IS READY** Plate up the loaded noodles, top with the peanuts and enjoy, Chef!