



UCOOK

Happy Teriyaki Pork Noodles

with pak choi, honey & kimchi

Practically no prep! Tonnes of Japanese-inspired flavour! A tantalising teriyaki sauce! Oodles of soba noodles! Saucy sticky pork strips and pak choi — all flecked with kimchi and toasted peanuts! Umami!

Hands-On Time: 25 minutes

Overall Time: 35 minutes

Serves: 2 People

Chef: Kate Gomba



Easy Peasy



Haute Cabrière | Pinot Noir Unwooded

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Ingredients & Prep

30g	Peanuts
10ml	Beef Stock
2 cakes	Egg Noodles
300g	Pak Choi <i>trimmed at the base</i>
300g	Pork Schnitzel (without crumb)
110ml	Sticky Teriyaki Sauce <i>(60ml Teriyaki Sauce, 20ml Low Sodium Soy Sauce & 30ml Honey)</i>
60g	Kimchi <i>drained & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. EARTHY GROUNDNUTS Boil a full kettle. Place a pan or wok over a medium heat. When hot, toast the peanuts for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

2. GET THE NOODLES GOING Dilute the stock with 125ml of boiling water and set aside. Fill a pot with boiling water, add a pinch of salt, and place over a high heat. Once bubbling rapidly, cook the noodles for 6-8 minutes until tender. Drain on completion and run under cold water to stop the cooking process. Return to the pot and toss through some oil to prevent sticking.

3. PAK CHOI PREP Separate the trimmed pak choi and rinse well. Slice the green leaves in half lengthways and set aside. Finely slice the stems. Return the pan or wok to a medium heat with a drizzle of oil. When hot, sauté the stems for 2-3 minutes until slightly softened. Transfer to a bowl on completion, cover, and set aside.

4. BROWNE PORK Return the pan or wok to a medium-high heat with another drizzle of oil. Pat the pork dry with paper towel and slice into 2cm thick strips. When the pan is hot, flash fry for 1-2 minutes until browned but not cooked through, shifting as they colour. On completion, add to the bowl of pak choi stems.

5. TERRIFIC TERIYAKI Return the pan or wok to the heat and pour in the diluted stock. Mix in the sticky teriyaki sauce and bring to a simmer. Allow to reduce for 5-6 minutes until slightly thickened, stirring occasionally. Once reduced, stir through the cooked noodles, pork strips, pak choi stems, and leaves. Cook for 2-3 minutes until the leaves are wilted and the pork is cooked through. Season and remove from the heat on completion.

6. WARM & SOULFUL Dish up some bowls of saucy teriyaki pork noodles. Scatter over the chopped kimchi to taste, and garnish with the chopped peanuts. Time to receive this beautiful meal. Itadakimasu.



Chef's Tip

We suggest using a wok for this recipe if you have one. The best thing about a wok is that it distributes heat more evenly. It ensures that food tossed during stir frying lands back in the pan and not on the stove!

Nutritional Information

Per 100g

Energy	581kj
Energy	139Kcal
Protein	10.8g
Carbs	16g
of which sugars	5.2g
Fibre	0.9g
Fat	3.3g
of which saturated	0.8g
Sodium	554.5mg

Allergens

Egg, Gluten, Allium, Peanuts, Wheat, Sulphites, Soy

Cook
within 2
Days