



UCCOOK

Thai Chilli & Coconut Pork

with egg noodles

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Waterkloof | Seriously Cool Chenin blanc

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 449kJ | 2677kJ |
| Energy | 107kcal | 641kcal |
| Protein | 7.7g | 46.1g |
| Carbs | 10.8g | 64.2g |
| of which sugars | 1.3g | 7.5g |
| Fibre | 0.8g | 5g |
| Fat | 3.5g | 20.6g |
| of which saturated | 2.2g | 13.4g |
| Sodium | 315mg | 1880mg |

Allergens: Sulphites, Shellfish, Egg, Fish, Gluten, Wheat, Allium

Spice Level: Moderate

Eat Within 2 Days

Ingredients & Prep Actions:

| Serves 3 | [Serves 4] | |
|----------|------------|---|
| 15ml | 20ml | Chicken Stock |
| 3 cakes | 4 cakes | Egg Noodles |
| 450g | 600g | Pak Choi <i>trim at the base, separate leaves & rinse thoroughly</i> |
| 2 | 2 | Spring Onions <i>rinse, trim & roughly slice</i> |
| 45ml | 60ml | Spice & All Things Nice Thai Red Curry Paste |
| 30g | 40g | Fresh Ginger <i>peel & grate</i> |
| 300ml | 400ml | Coconut Milk |
| 15ml | 20ml | Fish Sauce |
| 1 | 1 | Fresh Chilli <i>rinse, deseed & slice</i> |
| 225g | 300g | Shredded Cabbage |
| 450g | 600g | Pork Rump |
| 30ml | 40ml | Lime Juice |

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

1. STOCK & NOODLES Boil the kettle. Dilute the stock with 300ml [400ml] of water. Fill a pot (large enough to hold the noodles) with the remaining hot water. Once boiling, add the noodles and cook until al dente, 7-8 minutes. Drain and rinse in cold water.

2. BEAUTIFUL BROTH Roughly slice the pak choi stems and cut the leaves in half lengthways. Place a pan over medium heat with a drizzle of oil. When hot, fry the spring onion, pak choi stems, curry paste, ginger until fragrant, 4-5 minutes (shifting occasionally). Reduce the heat and add the coconut milk, diluted stock, fish sauce (to taste) and chilli (to taste). Simmer until reduced and slightly thickening, 12-15 minutes. Add the cabbage and pak choi leaves, simmer until wilted, 3-5 minutes. Remove from the heat, add a sweetener (to taste) and seasoning.

3. PERFECT PORK Place a clean pan over medium-high heat with a drizzle of oil. Pat the pork dry with paper towel. When hot, sear the pork, fat-side down, until crispy, 3-5 minutes. Flip the pork onto its side and sear until browned, 3-4 minutes per side. Remove from the pan and rest for 3-5 minutes before slicing and seasoning.

4. TASTY THAI FOOD Bowl up the noodles, pouring the silky coconut milk sauce over them. Top with the rump slices, and chilli (to taste). Finish off with a drizzle of lime juice (to taste). Dig in, Chef!