



# 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!

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**Hands-On Time:** 30 minutes

**Overall Time:** 40 minutes

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**Serves:** 3 People

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**Chef:** Kate Gomba

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 Easy Peasy

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 Haute Cabrière | Pinot Noir Unwooded

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## Ingredients & Prep

45g	Peanuts
15ml	Beef Stock
3 cakes	Egg Noodles
450g	Pak Choi <i>trimmed at the base</i>
450g	Pork Schnitzel (without crumb)
165ml	Sticky Teriyaki Sauce <i>(90ml Teriyaki Sauce. 30ml Low Sodium Soy Sauce &amp; 45ml Honey)</i>
90g	Kimchi <i>drained &amp; 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 large 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 225ml 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 3-4 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 2-3 minutes until browned but not cooked through, shifting as they colour. You may need to do this step in batches. 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 8-10 minutes until slightly thickened, stirring occasionally. Once reduced, stir through the cooked noodles, pork strips, pak choi stems, and leaves. Cook for 3-4 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