



UCOOK

Sweet Soy Pork Stir-fry

with rice noodles

Al dente strands of rice noodles are entwined with an enticing combination of pak choi, bell pepper & fresh ginger. Add the paprika-coated pork strips and coat in a special UCOOK sweet-soy chilli sauce, then sit back and savour the result of your culinary talent, Chef!

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Suné van Zyl

*New Calorie Conscious

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Ingredients & Prep

50g	Flat Rice Noodles
150g	Pork Fillet
5ml	Smoked Paprika
1	Bell Pepper <i>rinse, deseed & cut into strips</i>
100g	Pak Choi <i>trim at the base</i>
10g	Fresh Ginger <i>peel & grate</i>
50ml	Sweet Soy <i>(40ml Carb Smart Sweet Chilli Sauce & 10ml Low Sodium Soy Sauce)</i>

From Your Kitchen

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

1. OODLES OF NOODLES Boil the kettle. Place the noodles in a bowl and submerge in boiling water. Season and set aside to rehydrate, 10-12 minutes. Drain and toss through a drizzle of olive oil.

2. PAPRIKA PORK Place a pan over medium heat with a drizzle of oil. Pat the pork dry with paper towel, cut into 1cm strips, and coat with the smoked paprika. When hot, sear the pork until the pork is browned and cooked through, 1-2 minutes (shifting occasionally). Remove from the pan and season.

3. ADD SOME COLOUR Finely slice the pak choi stems and set aside. Slice the leafy parts in half lengthways, keeping them separate from the stems. Return the pan to medium heat, with a drizzle of oil (if necessary). When hot, fry the pepper slices and the pak choi stems until lightly charred, 3-4 minutes (shifting occasionally). In the final 1-2 minutes, add the pak choi leaves and the grated ginger and fry until fragrant.

4. ENJOY To the pan, add the cooked rice noodles (drained) and the pork strips and stir through the sweet soy sauce. Toss constantly, and cook until everything has warmed through. Dish up the loaded noodles and dig in, Chef!

Nutritional Information

Per 100g

Energy	319kJ
Energy	76kcal
Protein	7.2g
Carbs	10g
of which sugars	1g
Fibre	2g
Fat	1.5g
of which saturated	0.6g
Sodium	131.3mg

Allergens

Gluten, Allium, Wheat, Sulphites, Sugar
Alcohol (Xylitol), Soy

Eat
Within
2 Days