

UCCOOK

Soy-Glazed Pork Stir-fry

with rice noodles

Hands-on Time: 40 minutes

Overall Time: 55 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Suné van Zyl

Nutritional Info	Per 100g	Per Portion
Energy	352kJ	1984kJ
Energy	84kcal	475kcal
Protein	7.9g	44.3g
Carbs	10g	57g
of which sugars	1g	8g
Fibre	2g	9g
Fat	1.6g	8.9g
of which saturated	0.6g	3.6g
Sodium	251.6mg	1419mg

Allergens: Soya, Gluten, Allium, Wheat, Sulphites, Sugar Alcohol (Sweetener)

Spice Level: Hot

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Pork Fillet
30ml	40ml	NOMU One For All Rub
150g	200g	Flat Rice Noodles
3	4	Bell Peppers <i>rinse, deseed & cut into strips</i>
150g	200g	Spinach <i>rinse</i>
2	2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>
150ml	200ml	Sweet Soy <i>(120ml [160ml] Carb Smart Sweet Chilli Sauce & 30ml [40ml] Low Sodium Soy Sauce)</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

Paper Towel

Cooking Spray

1. HERBY PORK Place a pan over medium heat. Pat the pork dry with paper towel, cut into 1cm strips, lightly coat in cooking spray and then toss with the NOMU rub. When hot, sear the pork until browned and cooked through, 1-2 minutes (shifting occasionally). Remove from the pan and season.

2. OODLES OF NOODLES Boil the kettle. Place the noodles in a bowl and submerge in boiling water. Season and set aside to rehydrate, 8-10 minutes. Drain and set aside.

3. ADD SOME COLOUR Return the pan to medium heat. Add the peppers, lightly coat in cooking spray and fry until lightly charred, 4-6 minutes (shifting occasionally). In the final 1-2 minutes, add the spinach and the fresh chilli (to taste) and fry until fragrant.

4. ENJOY To the pan, add the 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!