

UCOOK

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

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!

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Sugar/Sweetener/Honey

Paper Towel