

QCOOK

Soy-Glazed Pork Stir-fry

with rice noodles

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Calorie Conscious: Serves 3 & 4

Chef: Suné van Zyl

Nutritional Info

	Per 100g	Per Portion
Energy	373kJ	2014kJ
Energy	89kcal	482kcal
Protein	8.1g	43.6g
Carbs	10g	56g
of which sugars	2g	12g
Fibre	2g	10g
Fat	1.5g	8.2g
of which saturated	0.6g	3.2g
Sodium	189.8mg	1024.1mg

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

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
120g	160g	Flat Rice Noodles
2	2	Onion <i>peel & roughly slice 1½ [2]</i>
300g	400g	Shredded Cabbage
150g	150g	Julienne Carrots
120g	160g	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 (or oil of your choice)

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 or oil (optional) and then toss with the NOMU rub. When hot, sear the pork until browned and cooked through, 2-3 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 onion, lightly coat in cooking spray or oil (optional) and fry until lightly charred and soft, 4-6 minutes (shifting occasionally). Add the cabbage, julienne carrots, and some cooking spray or oil if necessary. Fry until slightly wilted but still crunchy, 3-4 minutes.

4. ENJOY Add the noodles, spinach, chilli (to taste), pork strips, and sweet soy sauce to the pan. Toss constantly and cook until everything has warmed through. Dish up the loaded noodles and dig in, Chef!