



UCOOK

Glorious Green Pork Stir-fry

**with charred baby marrow, green pepper
& rice vermicelli noodles**

A simple, beautiful & flavourful stir fry that can be whipped up in no time! Charred green pepper and baby marrows are tossed through shredded cabbage and served with glossy vermicelli noodles. Finished off with divine sticky pork pieces. Does it get any better?


Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Megan Bure

 Carb Conscious

 Waterford Estate | Waterford Pecan Stream
Sauvignon Blanc 2021

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Ingredients & Prep

150g	Rice Vermicelli Noodles
2	Green Bell Peppers <i>1½ rinsed, deseeded & sliced into thin strips</i>
300g	Baby Marrow <i>rinsed, trimmed & cut into bite-sized chunks</i>
300g	Cabbage <i>thinly sliced</i>
480g	Pork Neck Steak
157,5ml	Sweet Soy <i>(45ml Low Sodium Soy Sauce, 90ml Sweet Chilli Sauce & 22,5ml Sesame Oil)</i>
15ml	Dried Chilli Flakes

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. RICE NOODS Boil the kettle. Using a shallow bowl, submerge the noodles in boiling water and add a pinch of salt. Give them a stir, cover with a plate, and soak for 6-8 minutes until cooked and glassy. Drain on completion and toss through some oil to prevent sticking.

2. CHARRED VEG Place a pan over a high heat with a drizzle of oil. When hot, add the sliced green pepper and fry for 2-3 minutes until slightly charred, shifting occasionally. Add the baby marrow chunks and fry for 2-3 minutes until slightly softened, shifting occasionally. Add the sliced cabbage and fry for 2-3 minutes until slightly wilted, shifting occasionally. Remove from the pan on completion, season to taste, and cover to keep warm.

3. GOLDEN PORK Pat the pork dry with some paper towel and cut into 1cm thick strips. Return the pan to a medium-high heat with a drizzle of oil. When hot, add the pork strips and fry for 2-3 minutes until golden, shifting occasionally. You may have to do this step in batches. Remove from the pan on completion.

4. FLAVOUR FESTIVAL Return the pan to a medium-high heat. Add the sweet soy and 100ml of warm water. Leave to simmer for 3-4 minutes, until slightly reduced, stirring occasionally. Add the fried pork strips and leave to simmer for 1-2 minutes until cooked through. Remove from the heat on completion and season to taste.

5. DINNER IS SERVED! Pile up the rice noodles and lay over the stir fried green veg. Top with the sticky pork pieces and drizzle over any remaining pan juices. Garnish with the chilli flakes (to taste). Enjoy!

Nutritional Information

Per 100g

Energy	486kJ
Energy	116kcal
Protein	6.2g
Carbs	9g
of which sugars	1.6g
Fibre	1.3g
Fat	6.4g
of which saturated	2g
Sodium	158mg

Allergens

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

Cook
within 2
Days