

UCCOOK

Soy-Glazed Pork Stir-fry

with rice noodles

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Calorie Conscious: Serves 1 & 2

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 1 | [Serves 2] | |
|----------|------------|--|
| 150g | 300g | Pork Fillet |
| 10ml | 20ml | NOMU One For All Rub |
| 40g | 80g | Flat Rice Noodles |
| 1 | 1 | Onion <i>peel & roughly slice ½ [1]</i> |
| 100g | 200g | Shredded Cabbage |
| 75g | 75g | Julienne Carrots |
| 40g | 80g | Spinach <i>rinse</i> |
| 1 | 1 | Fresh Chilli <i>rinse, trim, deseed & finely slice</i> |
| 50ml | 100ml | Sweet Soy <i>(40ml [80ml] Carb Smart Sweet Chilli Sauce & 10ml [20ml] 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, 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 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, 2-3 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!