



UCOOK

Pork Pad Thai

with flat rice noodles & pak choi


Not only is this popular Thai street food dish simple to make, but it's also packed full of nutrients. That's because of the satisfying combination of glassy rice noodles, golden-fried pork mince and a medley of pak choi, fresh coriander & cabbage. You'll pad yourself on the back after making this, Chef!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Morgan Nell

 ***NEW Simple & Save**

 **Waterkloof | Circumstance Viognier**

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Ingredients & Prep

200g	Rice Noodles
600g	Pork Mince
2	Garlic Cloves <i>peeled & grated</i>
400g	Cabbage <i>roughly sliced</i>
140ml	Pad Thai Dressing <i>(10ml Fish Sauce, 20ml Tamarind Paste, 30ml Sugar, 20ml Lemon Juice & 60ml Low Sodium Soy Sauce)</i>
400g	Pak Choi <i>trimmed at the base & sliced in half lengthways</i>
15g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Egg/s (optional)

1. OODLES OF NOODLES 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 set aside to soak for 8-10 minutes until cooked through and glassy. Drain on completion and toss through some oil to prevent sticking.

2. PAD THAI FRY Place a nonstick pan over a high heat with a drizzle of oil. When hot, add in the mince and work quickly to break it up as it starts to cook. Allow to caramelise for 7-8 minutes until browned, stirring occasionally. Once browned, remove from the pan, season, and set aside. Return the pan to a medium heat with a drizzle of oil if necessary. Add the grated garlic and fry for 1-2 minutes until fragrant. Add the sliced cabbage and fry for 1-2 minutes. Stir through the Pad Thai dressing, cooked noodles, halved pak choi, the pork mince and simmer for 3-4 minutes until the noodles are warmed through and the leaves are wilted.

3. OPTIONAL EGG Push the noodle mix to one side in the pan, leaving a space to crack 2 eggs. Scramble the eggs with your spatula or wooden spoon and sauté until cooked to your preference. Once cooked, mix through the noodle mixture. Add $\frac{3}{4}$ of the chopped coriander and some seasoning to taste.

4. PAD THAI TIME Plate up your Pad Thai noodles. Garnish with the remaining coriander. Tuck in!

Nutritional Information

Per 100g

Energy	643kJ
Energy	154kcal
Protein	7.8g
Carbs	13g
of which sugars	3.1g
Fibre	1g
Fat	7.9g
of which saturated	3g
Sodium	243mg

Allergens

Gluten, Allium, Wheat, Fish, Soy, Shellfish/Seafood

Cook
within 1
Day