



UCOOK

Thai Pork Mince & Noodles

with fresh mint

After making this delicious dish, Chef, you will be able to say: 'Been there, Thai'd that!' You'll want to make this dish over and over once you savour the rice noodles mixed with golden onion, browned pork mince, carrot matchsticks, chilli & fresh mint, coated in a special UCOOK Thai dressing.


Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Hellen Mwanza

 Simple & Save

 Waterkloof | Circumstance Cape Coral
Mourvedre Rose

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Ingredients & Prep

100g	Flat Rice Noodles
1	Onion <i>½ peeled & finely diced</i>
40ml	Thai Dressing <i>(5ml Fish Sauce & 35ml Low Sodium Soy Sauce)</i>
15ml	Lime Juice
1	Fresh Chilli <i>rinsed, trimmed, deseeded & finely sliced</i>
150g	Pork Mince
120g	Carrot <i>rinsed, trimmed, peeled & cut into thin matchsticks</i>
3g	Fresh Mint <i>rinsed, picked & finely sliced</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. NOW, FOR THE 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 rinse in cold water.

2. GO FOR GOLDEN Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally).

3. TO-THAI-FOR DRESSING In a small bowl, combine the Thai dressing, the lime juice, the sliced chilli (to taste), a drizzle of oil, 15ml of water, a sweetener, and seasoning. Set aside.

4. PERFECT PORK MINCE When the onions are brown, add the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally).

5. MIX THINGS UP In the final 1-2 minutes, mix through the cooked noodles, the carrot matchsticks, the Thai chilli dressing, and ½ the sliced mint. Remove from the heat and season.

6. ONE WORD: YUM! Plate up the juicy pork & noodles, and scatter over the remaining sliced mint.

Nutritional Information

Per 100g

Energy	701kj
Energy	167kcal
Protein	7.4g
Carbs	20g
of which sugars	2g
Fibre	1.3g
Fat	7.2g
of which saturated	2.9g
Sodium	403mg

Allergens

Gluten, Allium, Wheat, Fish, Soy, Shellfish

Cook
within 1
Day