

# UCCOOK

## Soy-Glazed Pork Stir-fry

with rice noodles

**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

**\*New Calorie Conscious:** Serves 3 & 4

**Chef:** Suné van Zyl

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 299kJ    | 1982kJ      |
| Energy             | 71kcal   | 474kcal     |
| Protein            | 6.8g     | 45.1g       |
| Carbs              | 9g       | 60g         |
| of which sugars    | 1g       | 8g          |
| Fibre              | 1g       | 10g         |
| Fat                | 1.4g     | 9.2g        |
| of which saturated | 0.6g     | 3.8g        |
| Sodium             | 126.3mg  | 837.5mg     |

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

**Spice Level:** None

Eat Within 2 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |  |
|----------|------------|--|
| 450g     | 600g       | Pork Fillet  |
| 15ml     | 20ml       | Smoked Paprika   |
| 150g     | 200g       | Flat Rice Noodles  |
| 450g     | 600g       | Pak Choi<br><i>rinse &amp; trim at the base</i>  |
| 3        | 4          | Bell Peppers<br><i>rinse, deseed &amp; cut into strips</i>   |
| 30g      | 40g        | Fresh Ginger<br><i>peel &amp; grate</i>  |
| 150ml    | 200ml      | Sweet Soy<br><i>(120ml [160ml] Carb Smart<br/>Sweet Chilli Sauce &amp; 30ml<br/>[40ml] Low Sodium Soy<br/>Sauce)</i> |

## From Your Kitchen

Seasoning (salt & pepper)

Water

Paper Towel

Cooking Spray

**1. PAPRIKA BEEF** Place a pan over medium heat and lightly add cooking spray. Pat the pork dry with paper towel, cut into 1cm strips, and coat with the smoked paprika. 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** Finely slice the pak choi stems and set aside. Slice the leafy parts in half lengthways, keeping them separate from the stems. Return the pan to medium heat, with more cooking spray (if necessary). When hot, fry the peppers and the pak choi stems until lightly charred, 4-6 minutes (shifting occasionally). In the final 1-2 minutes, add the pak choi leaves and the ginger and fry until fragrant.

**4. ENJOY** To the pan, add the noodles (drained) and the pork strips and stir through the sweet soy sauce. Toss constantly, and cook until everything has warmed through. Dish up the loaded noodles and dig in, Chef!