



Soy and Scallion Pork Noodles

with pak choi and coriander

20-25 mins • *Optional spice*

1



Pork Mince



Garlic



Scallion



Udon Noodles



Soy Sauce



Onion



Chilli



Pak Choi



Ketjap Manis



Coriander

Pantry Items: Water, Salt, Oil, Pepper

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater

Ingredients

	2P	4P
Pork Mince	250 g	500 g
Garlic	2 units	4 units
Scallion	2 units	4 units
Udon Noodles	300 g	600 g
Soy Sauce	1 sachet	2 sachets
Onion	1 unit	2 units
Chilli	1 unit	2 units
Pak Choi	1 unit	2 units
Ketjap Manis	2 sachets	4 sachets
Coriander	5 g	10 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	460 g	100 g
Energy (kJ/kcal)	2255.2 kJ/ 539 kcal	490.3 kJ/ 117.2 kcal
Fat (g)	16.2 g	3.5 g
Sat. Fat (g)	5.6 g	1.2 g
Carbohydrate (g)	63.4 g	13.8 g
Sugars (g)	14.2 g	3.1 g
Protein (g)	34.8 g	7.6 g
Salt (g)	3.4 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to
rate this recipe.

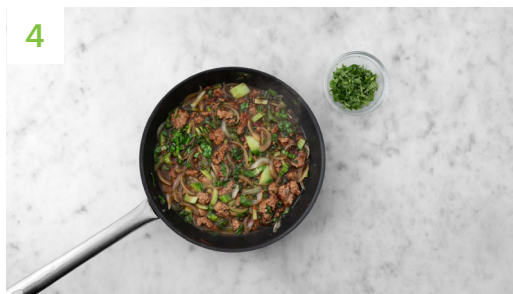


You can recycle me!



Prep the Veg

- Halve, peel and thinly slice the **onion**.
- Peel and grate the **garlic** (or use a garlic press).
- Halve the **chilli** lengthways, deseed and finely chop.
- Trim the **scallion** and thinly slice.
- Trim the **pak choi** then chop widthways into small pieces.



Make the Sauce

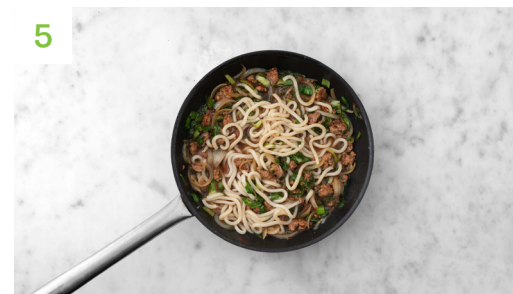
- Stir in the **ketjap manis** and **soy sauce** and allow to warm through.
- Season to taste with **salt** and **pepper**.
- Roughly chop the **coriander** (stalks and all).

TIP: Add a splash of water if the sauce becomes too thick.



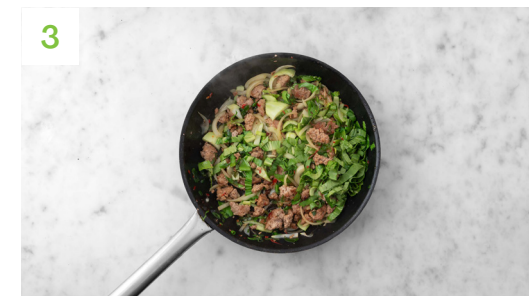
Cook the Pork

- Place a pan over high heat with a drizzle of **oil**.
- Fry the **pork mince** until browned, 6-8 mins. Break it up with a spoon as it cooks. **IMPORTANT:** Wash hands and equipment after handling raw meat. Pork is cooked when no longer pink in the middle.
- When the **pork** is cooked, add the **onion, garlic, scallion** and **chilli** (use less if you don't like spice).
- Cook until the veg is softened, 2-3 mins.



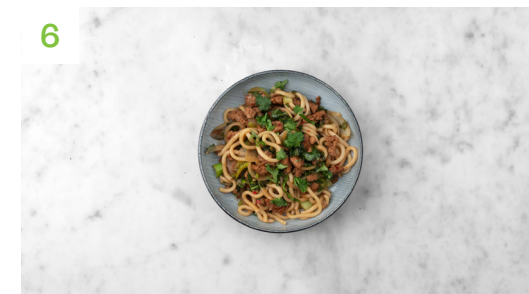
Coat the Noodles

- Carefully separate the **noodles**.
- Add to the pan and gently toss to coat in the sauce and warm through, 1-2 mins.



Soften the Pak Choi

- Add the **pak choi** to the pan.
- Stir-fry until just softened, 3-4 mins.



Serve and Enjoy

- Share the **noodles** between bowls.
- Garnish with the chopped **coriander**.

Enjoy!