



Soy and Scallion Pork Noodles

with pak choi and coriander

Classic 35-40 mins • Optional spice • Eat me first

2



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!

Cooking tools you will need

Grater, Colander

Ingredients

	2P	4P
Pork Mince	250 g	500 g
Garlic	2 units	4 units
Scallion	1 unit	2 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	445 g	100 g
Energy (kJ/kcal)	2226 kJ/ 532 kcal	500.2 kJ/ 119.6 kcal
Fat (g)	16.2 g	3.6 g
Sat. Fat (g)	5.5 g	1.2 g
Carbohydrate (g)	61.7 g	13.9 g
Sugars (g)	13.9 g	3.1 g
Protein (g)	34.5 g	7.8 g
Salt (g)	3.4 g	0.8 g

Nutrition for uncooked ingredients based on 2 person recipe.

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!



Make the Noodles

- Boil a large pot of **water** for the **udon noodles**.
- Add the **noodles** then lower heat to medium-high and cook until warmed through, 1-2 mins.
- Once cooked, drain in a colander and pop back in the pot.
- Drizzle with **oil** and stir through to stop them sticking together.

TIP: *If you're in a hurry you can boil the water in your kettle.*



Cook the Pork

- Return the pan to a high heat, adding another drizzle of **oil** if the pan is dry.
- Add the **pork mince** and fry until browned, 6-8 mins. Break it up with a wooden spoon as it cooks. **IMPORTANT:** Wash your 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.



Prep the Veg

- Meanwhile, 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.



Coat the Noodles

- Add the **pak choi** and **noodles** to the pan.
- Stir through 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: *If the mixture is a little dry, add a splash of water.*



Soften the Pak Choi

- Place a large pan over high heat with a drizzle of **oil**.
- Add the **pak choi** and stir-fry until just soft, 3-4 mins.
- When cooked, transfer to a plate.



Serve and Enjoy

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

Enjoy!