



HEALTHY

Asian Pork Noodle Bowl

with Sweet Soy and Peanuts



20-30min



4 Portions

Asian dishes scream 'nutritious', with their liberal use of veggies and lean meats and here's a perfect example. Starring lean pork, there's carrot, cucumber and lettuce too, all high in fibre and a whole range of minerals and vitamins. Combined with a delicious boost from sweet soy and fish sauces, plus the crunch of peanuts, this dish is certain to keep everyone happy.

What we send

- 5
- 4
- 1,6,17
-

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- sugar
- vegetable oil
- white vinegar

Utensils

- box grater
- large frypan
- sieve

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Fish (4), Peanuts (5), Soy (6), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 570kcal, Fat 18.6g, Carbs 53.2g, Proteins 42.7g



1. Soak noodles

Read through the recipe. Put the **noodles** in a large heatproof bowl and cover generously with boiling water. Soak for 10 mins or until tender. Drain and rinse under cold water. Using scissors, cut into smaller lengths, if desired.



2. Prepare ingredients

Meanwhile, peel and shred the **carrots** using a julienne peeler or coarsely grate with a box grater. Halve the **cucumbers** lengthwise and thinly slice. Thinly slice the **lettuce**. Crush or finely chop the **garlic**. Combine **1 tbs fish sauce, 1½ tbs white vinegar** and **1 tsp sugar** in a large bowl and set aside.



3. Make stir-fry sauce

Combine the **remaining fish sauce, 60ml (¼ cup) kecap manis**** and **1 tbs white vinegar** in a separate bowl. Coarsely chop the **peanuts**.



4. Cook pork

Heat **2 tbs oil** in a large frypan over high heat. Stir-fry the **pork**, in two batches, for 3 mins or until starting to turn golden.



5. Add stir-fry sauce

Return all the pork to pan. Add the **garlic** and stir-fry for 30 secs. Add the **stir-fry sauce** and stir-fry for a further 30 secs or until the pork is cooked through and coated in the sauce.



6. Get ready to serve

Add the **carrot, cucumber** and **lettuce** to the fish sauce and vinegar dressing and toss to combine. Divide the **noodles, salad** and **pork** among bowls. Drizzle with any **pan juices** and scatter over the **peanuts** to serve.