

DINNERLY



⚡ FAST

🍏 HEALTHY

Minty Pork Stir-Fry with Zucchini and Noodles



20 minutes



2 Servings

Hey dinner winner. Brimming with slippery noodles, chilli pork and fresh mint, this bowlful of flavour is quick to whip up and good for you too.

WHAT WE SEND

- free-range pork mince
- 100g vermicelli noodles
- 2 zucchini
- mint
- 1 spring onion
- 1 long green chilli

WHAT YOU NEED

- balsamic vinegar¹⁷
- garlic clove
- soy sauce⁶
- sugar
- vegetable oil

TOOLS

- large frypan

Our veggies come straight from the farm, so please wash them before cooking.

COOKING TIP

If you like things a bit spicier, leave the seeds and membranes in the chilli. Or if you don't like heat, omit the chilli from this recipe or serve at the table for those who do.

ALLERGENS

Soy (6), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 580kcal, Fat 26.4g, Carbs 47.3g, Proteins 35.8g



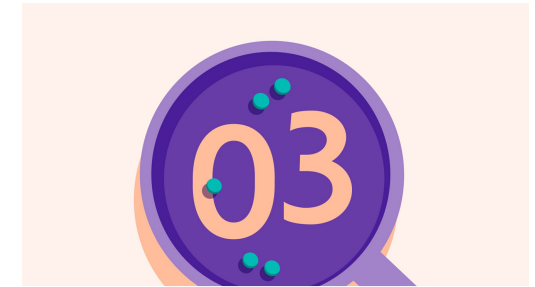
1. Prep veggies

Thinly slice the **spring onion**, keeping the green and white parts separate. Thinly slice the **chilli**, discarding the seeds and membrane (see cooking tip). Crush or finely chop **2 garlic cloves**. Reserve a few whole leaves, then finely chop **half the mint**, discarding the stems (the remaining mint won't be used in this dish).



2. Soak noodles

Put the **noodles** in a large heatproof bowl, cover with boiling water and stand for 5 mins or until softened. Drain. Return to the bowl and stir through **2 tsp soy sauce** and **2 tsp balsamic vinegar**.



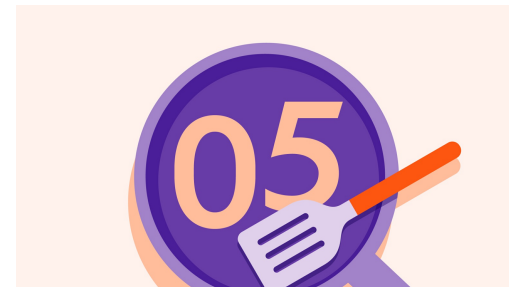
3. Brown pork mince

Meanwhile, heat **1 tbs vegetable oil** in a large frypan over high heat. Stir-fry the **pork mince**, the **white part of the spring onion**, **chilli** and **garlic**, breaking up the lumps with a spoon, for 5 mins or until browned. While the pork is cooking, use a julienne peeler or grater to shred or coarsely grate the **zucchini**.



4. Add sauce

Add **1½ tbs soy sauce**, **1 tbs balsamic vinegar**, **1½ tbs water** and **1½ tsp sugar** to the pan. Stir-fry for 30 secs-1 min until the sauce has reduced slightly. Stir through the **chopped mint** and **zucchini**. Season with **pepper**. Remove the pan from the heat.



5. Serve up

Divide the **noodles** among bowls, then spoon over the **pork and zucchini stir-fry**. Scatter with the **mint leaves** and the **green part of the spring onion** and enjoy.



6. Make it yours

Scatter over chopped toasted peanuts, cashews or crispy fried shallots to serve for extra texture and crunch.