

# DINNERLY



⚡ FAST

🍏 HEALTHY

## Minty Pork Stir-Fry with Zucchini and Noodles



20 minutes



4 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

- 2 spring onions
- 2 long green chillies
- mint
- 4 zucchini
- free-range pork mince
- 200g vermicelli noodles

## WHAT YOU NEED

- balsamic vinegar <sup>17</sup>
- garlic clove
- soy sauce <sup>6</sup>
- sugar
- vegetable oil

## TOOLS

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.

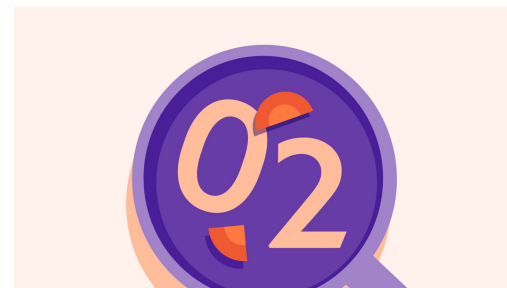
## NUTRITION PER SERVING

Energy 580kcal, Fat 26.3g, Carbs 47.2g, Proteins 35.7g



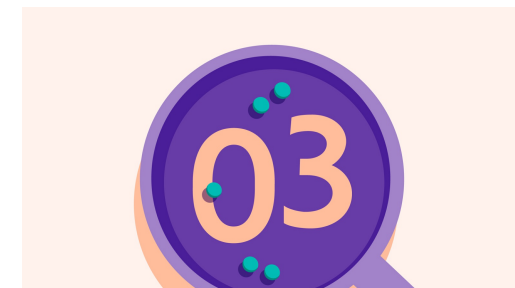
### 1. Prep veggies

Thinly slice the **spring onions**, keeping the green and white parts separate. Thinly slice the **chillies**, discarding the seeds and membrane (see cooking tip). Crush or finely chop **3 garlic cloves**. Reserve a few whole leaves, then finely chop the **mint**, discarding the stems.



### 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 **1 tbs soy sauce** and **1 tbs balsamic vinegar**.



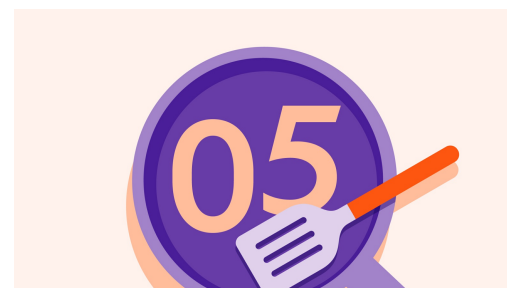
### 3. Brown pork mince

Meanwhile, heat **2 tbs vegetable oil** in a large deep 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. Cook sauce

Add **60ml (¼ cup) soy sauce**, **2 tbs balsamic vinegar**, **60ml (¼ cup) water** and **3 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.