



Pork & Asian greens with egg noodles

Ingredients: (Serves 4)

100g egg noodles
1 tablespoon olive oil
4 garlic cloves, thinly sliced
thumb-sized piece of ginger, finely grated
½ bunch of coriander, stems finely chopped and leaves picked
400g pork mince
2 bunches of broccolini, cut into 5cm lengths
1 bunch of bok choy, leaves separated
2 tablespoons hoisin sauce
2 tablespoons soy sauce
2 teaspoons brown sugar
1 teaspoon sesame oil
1 teaspoon Chinese 5-spice
juice of 1 lime
2 spring onion, thinly sliced

Method:

1. Bring a large saucepan of water to the boil. Boil egg noodles for 3-4 minutes or until tender. Drain and set aside.
2. Heat oil in a large frying pan or wok over medium-high heat. Add garlic, ginger and coriander stems and cook for a minute or until fragrant. Add pork and stir-fry for 3-4 minutes or until golden brown. Add broccolini and bok choy and stir-fry for a further 2 minutes or until tender.
3. Combine hoisin sauce, soy sauce, brown sugar, sesame oil, Chinese 5-spice and lime juice in a small bowl. Mix until sugar dissolves. Add sauce to the wok, along with the egg noodles, and toss to coat. If necessary, add a splash of water to assist the sauce to coat the noodles.
4. Divide stir-fry between serving bowls, and top with spring onion and coriander leaves.

Nutrition Information: (Per serve)

Energy:	1674kJ (400cal)	Sodium:	644mg		
Protein:	28.5g	Saturated Fat:	5.0g		
Total Fat:	17.9g	Sugars:	7.4g	Fibre:	7.1g
Carbohydrate:	26.4g				