

Pork dan dan noodles with spring onion oil

Ingredients: (Serves 4)

¼ cup olive oil, plus 1 tablespoon extra
 3 spring onions, thinly sliced
 500g pork mince
 4 garlic cloves, finely grated
 2 teaspoons Sichuan peppercorns, toasted and ground
 2 teaspoons Chinese five spice
 ¼ cup salt-reduced soy sauce
 2 tablespoons tahini
 2 teaspoons honey
 1 cup reduced-salt chicken stock
 2 bunches of choy sum, cut into 5cm lengths
 1 tablespoon sesame oil
 200g dry egg noodles
 ¼ bunch of coriander, leaves picked

Method:

1. Heat ¼ cup oil in a medium frying pan over high heat until just beginning to smoke. Place spring onions in a small bowl and pour over hot oil (before careful it will spit!). Set aside to allow flavours to infuse.
2. Heat remaining one tablespoon oil in a large frying pan over medium-high heat. Cook pork, breaking up lumps with a wooden spoon, for 3-4 minutes or until browned. Add garlic, peppercorns and Chinese five spice and cook for a further minute or until fragrant. Stir through soy sauce, tahini, honey, stock and choy sum. Simmer for 1-2 minutes or until choy sum is tender and sauce has slightly reduced. Stir through sesame oil.
3. Bring a large saucepan of water to the boil. Boil egg noodles for 3-4 minutes or until tender. Drain and set aside.
4. Divide noodles between four serving bowls. Top with pork and choy sum, then generously spoon over sauce. Finish with spring onion oil and coriander leaves.

Nutrition Information: (Per serve)

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| Energy: | 2978kJ (712cal) | Protein: | 35.9g | Total Fat: | 44.5g |
| Saturated Fat: | 9.8g | Carbohydrate: | 40.2g | Sugars: | 4.2g |
| Fibre: | 5.1g | Sodium: | 785mg | | |