

## Pork Chow Mein

### Serves 4



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Nutritional information per 413g portion :

calories	fat	saturates	sugars	salt
513kcal	6.65g	0.85g	14.02g	2.3g
26%	9%	7%	15%	38%

A colourful and tasty dish packed full of flavours, yet quick to prepare, incorporating 6 different vegetables.

### Equipment

- Chopping board
- Sharp knife
- Vegetable peeler
- Plates for ingredients
- Large plastic bowl
- Mixing bowl to marinade
- Clean damp cloth or kitchen towel
- Small bowl and teaspoon
- Measuring Spoons
- Grater (if using fresh ginger)
- Garlic press
- Kitchen scales
- Kitchen timer
- Wok or deep frying pan
- Wooden Spoon / Spatula
- Serving Dish / silver foil tray

### Ingredients

- 2 tbsp. vegetable oil
- 2 Pork Loins
- 5 spring onions
- 2 carrots sliced
- ½ green/ ½ red/ ½ yellow pepper, sliced
- A good handful of green beans or sugar snap peas
- 8-10 mushrooms, sliced
- 150g beansprouts
- 450g of cooked noodles (preferably "straight-to-wok")

#### For the sauce

- A thumb size piece of fresh root ginger, grated, or 1 tbsp. of "lazy" ginger puree
- 3 garlic cloves, crushed
- 6 tbsp. tomato ketchup
- 4 tbsp. oyster sauce
- 4 tbsp. soy sauce

### Nutrients

**Carrots** are a good source of vitamin A which gives you good eyesight in the dark.

**Onions** help boost your immune system in your body to fight off viruses.

**Peppers** are a good source of Vitamin C which strengthens our cells against viruses and boosts our immune system.

**Mushrooms** are one of the few plant sources that are a good source of Vitamin D to keep our bones healthy.

**Beansprouts** are a good source of folates which help your body produce DNA, Amino acids and red blood cells which help carry oxygen around your body.

**Egg Noodles** (if using) are a good combination of protein and carbohydrates – protein to give your body 'building blocks' to develop and maintain itself ; carbohydrates for energy.

## Method

### Preparation instructions:

1. Slice the pork loins into 1/2cm slices. Marinade with 1 tbsp. soy sauce and 1 tbsp. oyster sauce.
2. Top and tail spring onions. Thinly slice the green ends and keep to one side for garnishing. Slice the white ends.
3. Peel carrot, and cut into manageable pieces. Cut pieces lengthways in halves, then slice into thin slices.
4. Cut off stem of pepper, cut in half and remove seeds. Slice lengthways into thin slices.
5. Top and tail green beans / sugar snap peas. Chop green beans in half.
6. Use a damp cloth and wipe mushrooms clean. Remove the bottom of the stalk and cut into thin slices.
7. Put 300g beansprouts into a bowl.
8. Do the same with 450g noodles. Check on the scales if necessary.
9. Peel ginger and grate into a bowl. Alternatively, use ginger paste.
10. Crush garlic into the same bowl, then add the rest of the ingredients and stir well.

### Cooking instructions:

1. Heat 1 tbsp. oil in a wok or deep frying pan on high heat until hot.
2. Add the white ends of the spring onions, carrots and peppers and green beans/sugar snaps (if using). Stir fry for 2 minutes. Then add in the mushrooms and stir fry for an extra minute. Remove from pan and place aside.
3. In the same pan, heat 1 tbsp. oil and stir fry pork until browned and cooked through.
4. Next, pour in the sauce and stir well until bubbling.
5. Add the noodles, cooked vegetables and beansprouts, then toss into the sauce until well coated, stirring constantly.
6. Serve with green spring onion rings sprinkled on top.

Allergens: **Gluten** (from Wheat in noodles), **Mollusk** (Oyster Extract in oyster sauce), **Soya** (soy sauce), **Egg** (if using egg noodles)

Try something different:

Add whatever vegetables you might have on hand: baby corn, mange tout; broccoli; asparagus ... the list is endless. Try other meats: chicken, beef, turkey. You can also increase the protein by adding more egg – beat 2 eggs, fry in pan until set like a pancake, cut into strip and add to final stir fry.

Try different types of noodles: egg noodles, rice noodles, soba noodles, buckwheat noodles or glass noodles.

**Skills used:** Cleaning vegetables ; Peeling ; Cutting ; Slicing ; Deseeding peppers ; Wiping mushrooms clean ; weighing ingredients ; measuring liquids ; stir frying.

