



Oriental pork stir-fry

Serves: 4

Time

Preparation time 10 minutes

Cooking time 10 minutes

Ingredients

- 200g dried egg noodles
- 1 large pork fillet (about 500g), fat removed
- low-calorie spray oil
- 150g mushrooms, cleaned and cut in half
- 1 yellow pepper, cut in half, deseeded and sliced into strips
- 1 pork or chicken stock cube (try to use low-salt) dissolved in 450ml boiling water
- 1 large garlic clove, peeled and crushed
- 1½ cm (½ inch) piece of fresh ginger, peeled and grated
- 1 pinch dried chilli flakes
- 1 teaspoon Chinese five-spice powder
- 2½ tablespoons hoi sin sauce
- 1 heaped tablespoon cornflour dissolved in a little cold water
- 3 baby pak choi, stalk trimmed and leaves washed
- 6 scallions (spring onions), finely chopped



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Method

1. Plunge the noodles into boiling water, then reduce temperature and simmer for 4 minutes. Drain and set aside while you cook the pork.
2. Place the pork fillet onto a chopping board, cut in half lengthways, then cut into $\frac{1}{4}$ inch strips.
3. Spray the wok generously with oil and set over a high heat. Quickly add the pork pieces and fry until brown, then add the mushroom halves and pepper slices and cook for a minute.
4. Pour the stock into the wok, add garlic, ginger, chilli flakes, Chinese five-spice powder, hoi sin sauce and cook for 3 minutes, stirring while you bring to the boil.
5. Pour the cornflour paste into the wok, stir and allow the sauce to thicken slightly.
6. Use a large spoon or tongs to mix the Pak choi and scallions into the stir-fry. Cook for a minute allowing them to wilt.
7. Finally, tip the egg noodles in and mix through to coat the noodles with sauce.

Tip

For a vegetarian alternative, substitute the pork with sliced courgette, red onions and unsalted peanuts; and swap pork or chicken stock for vegetable stock.