




Product Spotlight: Capsicum


Capsicum is an excellent source of vitamin C needed for tissue growth and repair all over your body. It also helps the body produce collagen, which gives our skin strength and elasticity.



G4 Pork Bun Cha

Pork patties caramelised in a sweet chilli glaze served over noodles with fresh and crunchy veggies.

 30 minutes

 4 servings

 Pork

6 May 2022

What is it?

Pork Bun Cha hails from Hanoi in the north of Vietnam. A delicious street food dish of caramelised pork patties served with noodles and fresh crunchy vegetables.

Per serve: **PROTEIN** 33g **TOTAL FAT** 7g **CARBOHYDRATES** 76g

FROM YOUR BOX

GINGER	1 piece
LEMONGRASS	1
SPRING ONIONS	4
PORK MINCE	600g
RED CAPSICUM	1
LEBANESE CUCUMBERS	2
CARROTS	2
NOODLES	1 packet

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce (or tamari), sweet chilli sauce, white wine vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

To use a whole lemongrass stalk, slice off the very bottom of the stalk, and peel off any dried-out layers, then bash the woody top end with a rolling pin to soften and help release some of the aromatic oils.



1. MAKE THE PATTIES

Bring a saucepan of water to the boil.

Peel and grate ginger. Thinly slice lemongrass (see notes) and spring onions (reserve some green tops for garnish). Mix to combine with pork mince, **2 tsp soy sauce** and **pepper**.



2. COOK THE PATTIES

Heat a frypan over medium-high heat with **oil**. Use a dessert spoon to add spoonfuls of pork mixture to pan. Cook, turning, for 4-5 minutes or until almost cooked through.



3. PREPARE FRESH TOPPING

Dice capsicum, deseed (optional) and slice cucumbers. Julienne or grate carrots.

In a bowl mix together **2 tbsp soy sauce**, **2 tbsp sweet chilli sauce**, **1 tbsp vinegar** and **1 tbsp water** to make glaze.



4. COOK THE NOODLES

Add noodles to saucepan of boiling water and cook according to packet instructions. Drain and toss with **1 tbsp oil** and 1 tbsp prepared glaze.



5. GLAZE THE PATTIES

Pour remaining glaze over patties. Simmer for 1-2 minutes, turning, or until glaze has thickened and patties are coated.



6. FINISH AND SERVE

Divide noodles among bowls. Top with fresh toppings and patties. Drizzle over remaining glaze and pan juices. Garnish with reserved spring onion green tops.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

