



### Product Spotlight: Ginger

Store your ginger in the freezer! Peel before you store. When you need to use it, it is easier to grate the ginger while it is frozen. Leftover ginger and the peel can be used in tea, stock or poaching liquid for extra flavour.



## Chinese Pork Hand Pulled Noodles

A fun twist on hand pulled noodles using fresh lasagne sheets as to create rustic-style noodles, tossed with pork mince cooked with a flavour packed Chinese stir-fry sauce. Topped with sesame seeds and fresh spring onions.



35 minutes



Pork



2 servings

### Switch it up!

*You can add extra crunch to this dish with some chopped peanuts or fried shallots on top. Keep the capsicum fresh if preferred.*

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	58g	36g	60g

## FROM YOUR BOX

GAI LAN	1 bunch
RED CAPSICUM	1
SPRING ONIONS	1 bunch
GARLIC CLOVES	2
GINGER	1 piece
PORK MINCE	500g
CHINESE STIR-FRY SAUCE	50ml
LASAGNE SHEETS	3-pack
WHITE SESAME SEEDS	1 packet

## FROM YOUR PANTRY

sesame oil, salt and pepper, ground paprika, soy sauce

## KEY UTENSILS

large frypan or wok, large saucepan

## NOTES

Add some crushed garlic to the vegetables if preferred.

This recipe makes extra pork stir-fry. If preferred, set aside half to use in another meal instead of tossing it all through the noodles.

You can tear multiple sheets at once, or use a knife to slice for even sized noodles.

**No gluten option - lasagne sheets are replaced with GF lasagne sheets.**



### 1. PREPARE THE COMPONENTS

Trim and slice **1/2 bunch gai lan**. Slice **capsicum** and **spring onions**. Crush **garlic**, peel and grate **ginger**. Keep all components separate.



### 2. STIR FRY THE VEGETABLES

Bring a pan of water to boil (for step 5).

Heat a large frypan or wok over high heat with **sesame oil**. Add **gai lan** and **capsicum**, stir-fry for **2 minutes** until just tender. Season with **pepper** and remove from pan (see notes).



### 3. COOK THE AROMATICS

Reduce heat to medium-high. Add **2 tbsp sesame oil**, **spring onions** (reserve some for garnish), **garlic**, and **ginger**. Cook for **2 minutes**, until fragrant.



### 4. COOK THE PORK

Add **pork mince** to pan along with **2 tsp ground paprika**. Cook, for 8-10 minutes until cooked through. Stir in **Chinese Stir-fry sauce**, **1 tbsp soy sauce** and **1 tbsp water** (see notes). Take off heat.



### 5. COOK THE NOODLES

Tear each **lasagne sheet** widthways to create thick, uneven strips (see notes). Add to saucepan of boiling water and cook for 2-4 minutes until tender. Use tongs to transfer **noodles** directly into the **pork mixture**. Toss well to coat, adding a splash of **cooking water** to loosen if needed.



### 6. FINISH AND SERVE

Divide **noodles** and **stir-fry vegetables** among bowls. Garnish with **sesame seeds** and reserved **spring onion tops**.

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