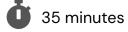






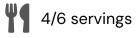
Chinese Pork Hand Pulled Noodles

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.





Pork



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 37g 36g 92g 4/6 Person:

FROM YOUR BOX

| | 4 PERSON | 6 PERSON |
|---------------------------|----------|-----------|
| GAILAN | 1 bunch | 1 bunch |
| RED CAPSICUM | 1 | 2 |
| SPRING ONIONS | 1 bunch | 2 bunches |
| GARLIC CLOVES | 2 | 3 |
| GINGER | 1 piece | 1 piece |
| PORK MINCE | 500g | 2 x 500g |
| LASAGNE SHEETS | 5pk | 5pk + 3pk |
| CHINESE STIR-FRY SAUCE | 100ml | 2 x 100ml |
| WHITE SESAME SEEDS | 1 packet | 1 packet |
| | | |

FROM YOUR PANTRY

sesame oil, salt and pepper, ground paprika

KEY UTENSILS

large frypan or wok, large saucepan

NOTES

Add some crushed garlic to the vegetables if preferred.

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.



separate.



1. PREPARE THE COMPONENTS 2.

Trim and slice gai lan. Slice capsicum and spring onions. Crush garlic, peel and grate ginger. Keep all components



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 Stirfry sauce and 2 tbsp water. Take off heat.

6P - add 1 tbsp paprika to pork mince and 3 tbsp water to sauce.



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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