



### 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



4/6 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
4/6 Person:	37g	36g	92g

## FROM YOUR BOX

	4 PERSON	6 PERSON
GAJ LAN	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.



### 1. PREPARE THE COMPONENTS

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



### 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** and **2 tbsp water**. Take off heat.

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



### 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).



### 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.



### 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.



### 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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