



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Ginger


Ginger has a number of health benefits under its belt! It is considered both anti-inflammatory and immune boosting. Slice any leftover ginger and add to hot water for a nice herbal tea.



3 Pork Chow Mein Noodles

Stir fry pork, mushrooms and cabbage on a bed of turmeric rice noodles with a ginger soy dressing.

 30 minutes

 4 servings

 Pork

30 November 2020

Spice it up!

Use sesame oil to dress the noodles and cook the stir fry for added flavour. If you don't have Chinese five spice you can flavour the stir fry with oyster sauce or hoisin sauce instead.

Per serve: **PROTEIN** 31g **TOTAL FAT** 19g **CARBOHYDRATES** 49g

FROM YOUR BOX

TURMERIC RICE NOODLES	1 packet
BABY WOMBOK CABBAGE	1/2 *
RED ONION	1/2 *
CARROT	1
MUSHROOMS	1 punnet (200g)
GINGER	1 piece
PORK MINCE	600g
CHIVES	1/2 bunch *
RED CHILLI	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, soy sauce (or tamari), Chinese five spice, white wine (or rice wine vinegar)

KEY UTENSILS

frypan, saucepan

NOTES

Use sesame oil for extra flavour in the dressing if you have some.

No pork option – pork mince is replaced with chicken mince.



1. COOK THE NOODLES

Bring a saucepan of water to boil. Add noodles and cook for 4–6 minutes until al dente. Drain and rinse. Set aside.



2. PREPARE THE VEGGIES

Slice cabbage and onion. Slice carrot into crescents and slice mushrooms



3. DRESS THE NOODLES

Peel and grate ginger to yield 1 tbsp. Combine with **1 tbsp soy sauce**, **1/2 tbsp vinegar** and **1 tbsp oil** (see notes). Toss through cooked noodles.



4. COOK THE PORK

Heat a frypan over medium–high heat with **oil** (see notes). Add pork mince along with **2 tsp Chinese five spice**. Cook for 6–8 minutes.



5. ADD THE VEGGIES

Add prepared vegetables and cook for a further 5 minutes. Stir through **1 tbsp soy sauce** and season with **salt and pepper** to taste.



6. FINISH AND PLATE

Divide noodles among shallow bowls. Top with pork stir fry. Slice chives and chilli and scatter on top.

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**

