

Sesame Soy Pork and Vegetable Noodle Salad

Serves: 6

Prep time: 20 minutes

Cook time: 20 minutes



1 ½ serves per portion

Ingredients

2 teaspoons olive oil
1 medium onion, diced
1 clove garlic, minced
500g lean pork mince
2 tablespoons fresh ginger, peeled and grated
2 red chillies, deseeded and finely diced
4 rounds of thin egg noodles (approx. 260g)
2 teaspoons olive oil
6 spring onions, finely sliced, white and green parts separated
3 cups mixed coloured capsicums, thinly sliced
250g bean sprouts
1 cup snow peas *OR* sugar snap peas, diagonally sliced
1 bunch coriander leaves, finely chopped
1 tablespoon sesame seeds

Method

ADD sauce ingredients to a jar with lid and shake well. Set aside.

HEAT a heavy based pan over medium heat then add 2 teaspoons oil. Add onion and garlic and cook until tender.

STIR in pork mince and cook for 2-5 minutes until browned. Keep the pan on medium heat so the mince doesn't stew.

ADD ginger and chilli and cook for a further 2 minutes. Transfer mixture to a bowl and drizzle with half the sauce. Stir to combine then leave to rest.

BOIL water in a large saucepan then drop in the noodles. Stir occasionally until cooked to your liking. Drain noodles and transfer to a large bowl. Add remaining sauce and mix through.

RETURN pan to the heat and add two teaspoons olive oil. Quickly fry the white parts of the spring onion until crispy. Remove from heat.

ADD the meat mixture, capsicums, bean sprouts, peas and fried spring onion to the noodles and mix well.

ADD the fresh green spring onions and coriander to the noodles and gently mix.

GARNISH with sesame seeds and serve.



Everyday Food

Sauce:

⅔ cup oyster sauce
⅓ cup light soy sauce
2 tablespoons fresh ginger, peeled and grated *OR* store-bought crushed ginger
2 tablespoons sesame oil

Recipe courtesy of the Country Kitchens team