

Pork & Ginger Stir-Fry with Soba Noodles

4 portions | wfo, gfo, df

Ingredients:

- 2 tbsp peanut oil
- 1 brown onion, finely sliced
- 2 garlic cloves, finely diced
- 400g lean pork, cut into strips
- 270g packet soba noodles (or gluten free noodles)
- 1 bunch / 200g asparagus, chopped
- 1 packet or 400g tin baby corn, drained
- 2cm piece fresh ginger, peeled and grated
- 1 large fresh red chilli, seeded and thinly sliced
- 2 tbsp salt reduced soy sauce (or gluten free tamari)
- 100g bean sprouts

Method:

Heat 1 tbsp oil in a large wok over a high heat. Add onion, stir 1-2 minutes then add garlic. Cook, stirring frequently for another 1-2 minutes then add pork. Cook about 5 minutes, stirring until browned then transfer to a bowl.

Meanwhile, cook noodles according to packet instructions.

Heat another 1 tab oil in the wok, then add vegetables. Stir frequently until just cooked then add pork and onion back to the wok along with ginger, chilli, soy sauce and bean sprouts.

Serve with soba noodles.

