

Pak choy, snake bean & pork stir-fry



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Preparation: about 15 mins **Cooking:** about 10 mins **Serves:** 4

Ingredients:

- 450g fresh thick rice noodles
- 1/3 cup oyster sauce
- 2 tbs kecap manis or soy sauce
- 2 tbs peanut oil
- 500g pork fillet, trimmed and thinly sliced
- 1 tsp sesame oil
- 3 garlic cloves, crushed
- 4 green onions, trimmed and sliced diagonally
- 1 bunch snake beans (about 200g), cut into 5cm lengths
- 1 bunch baby pak choy, trimmed and leaves halved lengthways
- 1/4 cup chicken stock

Method:

1. Place noodles in a large heatproof bowl. Cover with boiling water and stand for 1 minute. Drain, separate noodles and set aside. Combine oyster sauce and kecap manis or soy sauce in a small jug. Set aside.
2. Heat a wok over high heat until hot. Add 1 tbs oil and half the pork. Stir-fry for 2 minutes or until just cooked through. Transfer to a plate. Repeat using 2 tsp oil and remaining pork.
3. Add remaining 2 tsp oil, sesame oil, garlic, green onions and snake beans to wok. Stir-fry for 1 minute. Add pak choy, stock and oyster sauce mixture. Cover and cook for 30 seconds. Toss through pork and noodles until hot and serve.



Pak choy:

- Like many Asian greens, pak choy is an excellent source of vitamin C, one of the vitamins that helps keep blood vessels healthy.
- A source of iron. Iron is needed for making red blood cells which then carry oxygen to all body tissues.