

Bok choy, snake bean & pork stir-fry



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Preparation 20 mins | Cooking 10 mins | Serves 4

- 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 (shallots), trimmed and sliced diagonally
- 1 bunch snake beans (about 200g), cut into 5cm lengths
- 1 bunch baby bok choy, trimmed and leaves halved lengthways
- 1/4 cup chicken stock

STEP 1 Place noodles in a large heatproof bowl. Cover with boiling water and stand for 1-2 minutes until just tender. Drain, separate noodles and set aside. Combine oyster sauce and kecap manis or soy sauce in a small jug. Set aside.

STEP 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.

STEP 3 Add remaining 2 tsp oil, sesame oil, garlic, green onions and snake beans to wok. Stir-fry for 2 minutes until beans are vibrant. Add bok choy, stock and oyster sauce mixture. Cover and cook for 1 minute. Toss through pork and noodles until hot and serve.

Good for you... **BOK CHOY**

A source of iron and calcium. Iron is needed for making red blood cells which then carry oxygen to all body tissues and calcium is important for bone health.

