

# Sweet chilli & ginger choy sum, pork & noodles



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**Preparation:** about 20 minutes

**Cooking:** about 10 minutes

**Serves:** 4

- 400g fresh thick rice noodles
- 2 tbs peanut oil
- 500g small pork fillets
- 3 green onions (shallots), finely sliced
- 2 garlic cloves, finely chopped
- 1 tsp sesame oil
- 2 tbs finely shredded ginger
- 1 small red chilli, deseeded and thinly sliced lengthways
- 1 bunch baby choy sum, trimmed, leaves separated and stems chopped
- 1/3 cup chicken stock
- 2 tbs sweet chilli sauce
- 100g snow peas, trimmed

1. Place noodles in a medium heatproof bowl. Cover with boiling water and stand for 1–2 minutes until just tender. Separate noodles, drain and set aside.
2. Heat a wok over high heat until hot. Add 1 tbs oil. Add half the pork and stir-fry for 1–2 minutes or until evenly browned. Transfer to a plate. Repeat using 2 tsp oil and remaining pork.
3. Add remaining 2 tsp oil to wok. Add green onions, garlic, sesame oil, ginger, chilli and choy sum stems and stir-fry for 1 minute.
4. Add stock, sweet chilli sauce, choy sum leaves and snow peas. Toss to combine, cover and cook for 1 minute. Add pork and noodles and stir-fry for 1–2 minutes and serve.



### Choy sum:

- An excellent source of vitamin C (the anti-infection vitamin) and beta carotene (which the body converts to vitamin A which is needed for vision in dim light and also vitamin C.