

Baby bok choy & roast pork in five-spice broth



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Preparation: about 25 minutes
Cooking: about 40 minutes
Serves: 4

2 tbs hoi sin sauce
1 tsp sesame oil
375g piece pork fillet, trimmed
1 tbs peanut oil
2 garlic cloves, crushed
3cm piece ginger, thickly sliced
¼ tsp Chinese five-spice powder
4 cups chicken stock
250g baby bok choy, quartered lengthways
2 green onions (shallots), trimmed and finely sliced
450g fresh thin hokkien noodles
Coriander leaves and sliced small red chillies, to serve

1. Preheat oven to 200°C/180°C fan-forced. Combine hoi sin sauce and sesame oil in a bowl. Place pork on a baking tray lined with baking paper. Brush pork with hoi sin mixture. Roast pork for 20-25 minutes, turning occasionally, until just cooked through. Transfer to a plate. Cover and set aside.
2. Heat oil in a large saucepan. Add garlic, ginger and five-spice powder. Cook for 1 minute. Stir in stock. Cover and bring to the boil. Reduce heat, cover and simmer for 5 minutes. Using tongs, remove ginger. Add bok choy and green onions to broth. Cook for 1-2 minutes until bok choy just wilts.
3. Meanwhile, place noodles into a heatproof bowl. Cover noodles with boiling water. Stand for 1-2 minutes until just tender. Thinly slice pork. Drain noodles and arrange in serving bowls. Top noodles with bok choy and pork. Ladle over hot broth. Top with coriander leaves and sliced chillies and serve.



Bok choy

- Like many Asian greens, bok choy is an excellent source of vitamin C, one of the vitamins that helps keep blood vessels healthy.
- 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.

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