

Green bean & pork noodle bowls



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Preparation 20 mins | Cooking 10 mins | Serves 4

- 3 x 70g pkts 2-minute instant noodles
- 1 tbs oil
- 500g pork mince
- 2 garlic cloves, crushed
- 2 green onions (shallots), trimmed and thinly sliced
- 1 carrot, shredded
- 300g green beans, roughly chopped
- 2 tbs kecap manis
- ½ cup chicken stock
- 1 cup bean sprouts, trimmed
- Chopped roasted peanuts, to serve (optional)

STEP 1 Discard noodle flavourings and cook noodles following packet directions. Drain and set aside.

STEP 2 Heat a wok over medium-high heat. Add oil and heat until hot. Add pork and garlic and cook, tossing often, until sealed and white. Add green onions, carrot and beans and stir-fry for 2 minutes.

STEP 3 Add kecap manis and stock. Cover and cook, tossing, for 2 minutes until pork is cooked through. Toss through noodles and bean sprouts until hot. Spoon into serving bowls and sprinkle with chopped peanuts if liked and serve.

Good for you... **BEANS**

Provide some iron, which is especially useful for those on a vegetarian diet. Iron is needed for making red blood cells, which carry oxygen throughout the body. The vitamin C in beans also helps the absorption of iron. Beans are also a good source of folate, one of the B vitamins that is important for growth and development in children and for normal blood formation at all ages.

