

Satay broccoli, pork & noodle stir-fry



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Preparation 15 mins | Cooking 10 mins | Serves 4

300g fresh thin hokkien noodles
2 tbs peanut oil
350g pork fillet, trimmed and cut into bite-sized pieces
250g broccoli, trimmed and cut into small florets
2 celery sticks, thinly sliced
1 carrot, shredded or coarsely grated
½ cup mild satay sauce
¼ cup chicken stock or water
1 cup bean sprouts, trimmed

STEP 1 Place noodles into a heatproof bowl. Cover with boiling water and stand for 2 minutes or until noodles are just tender. Drain and set aside.

STEP 2 Heat 1 tbs oil in a wok over high heat. Add pork and stir-fry for 3-4 minutes until golden and almost cooked through. Transfer to a plate.

STEP 3 Heat remaining 1 tbs oil in wok. Add broccoli, celery, carrot, satay sauce, stock or water and stir-fry for 2-3 minutes until broccoli is just tender. Add bean sprouts, noodles and pork. Toss over heat until well combined and noodles are hot and serve.

Good for you... **BROCCOLI**

Top of the class for its content of many nutrients, including iron (contributes to red blood cells), potassium (helps balance the sodium from salt) and vitamins, including vitamin C (necessary for normal blood vessel structure and function and contributes to collagen formation in teeth and gums.

