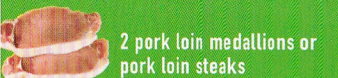


Pork Chilli Ramen

Serves: 2
Prep: 15 mins
Cook: 15 mins

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2 pork loin medallions or
pork loin steaks



1 litre hot low-salt
vegetable stock



2 teaspoons hot chilli
sauce (or to taste)



1 teaspoon vegetable oil



1 tablespoon teriyaki sauce



125g shiitake or chestnut
mushrooms



200g pak choi



1 red pepper



100g flat rice noodles



125g fresh beansprouts



4 sprigs fresh coriander



1 red chilli

Simmer

Add the stock to a large saucepan with the chilli sauce, bring to the boil, turn down the heat and simmer for 2 minutes.

Sizzle

Meanwhile, heat the oil in a non-stick frying pan, add the pork (trimmed and fat removed) and cook for 7 minutes, turning once. Add the teriyaki sauce and 3 tablespoons of water. Cook for a further 2 minutes or until the juice run clear.

Gently does it!

Slice the mushrooms and pak choi, deseed and slice the pepper. Add to the chilli broth with the noodles and beansprouts. Cover and simmer for 4 minutes until the noodles and vegetables are tender.

Serve

Slice the pork thinly. Divide the noodles and vegetables between 2 bowls and ladle over the broth. Top each with the pork strips, deseed and slice the chilli and garnish with the coriander. Serve immediately.

Each cooked serving using medallions contains:

Energy	Fat	Saturates	Sugars	Salt
314kcal	7.9g	1.9g	10.9g	1.13g
15%	11%	9%	12%	18%

of an adult's reference intake.

Protein 24.2g, Carbohydrate 33.6g, Fibre 6.0g

RICH IN
Protein

