LET'S EAT!

PORK CHOW MEIN

60 minutes

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Allergens: gluten, soya, shellfish, egg

What is it?

A chow mein is a traditional Chinese dish made with noodles and stir-fried veggies. The dish can be made with different meats,

MAKE IT FUN!

We have chosen pork for this recipe but you could swap it for anything you like; chicken, beef or even prawns for a seafood twist!

What you'll need:

	For 2 people	3 people	4 people
Diced pork	180g	270g	360g
Garlic clove	1	1	1
Tomato ketchup	3 tbsp	4 tbsp	5 tbsp
Oyster sauce	3 tbsp	4 tbsp	5 tbsp
Soy sauce	3 tbsp	4 tbsp	5 tbsp
Red pepper	1	1	2
Spring onion	2	2	3
Noodles	160g	240g	320g
Beansprouts	70g	110g	150g
Ginger	½ tsp	½ tsp	1 tsp

SEND US YOUR PHOTOS!

SCAN HERE

We love seeing families cook these recipes and making them their own! Photos also really inspire supporters of Let's Eat to keep the project going and helping more families. Please share photos of your family enjoying cooking together via our community Dropbox, then look out for your photos on our social media accounts!

THE NEIGHBOUR NETWORK CIC
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WHAT TO DO:



Step 1:

Finely chop or crush the garlic with the side of a knife and mix it with the ketchup, soy sauce, oyster sauce, ginger and 1 tbsp of water. Stir and leave to one side for later. Cut the pepper into long strips and slice up the spring onion. Set aside.

Step 2:

Add the noodles to a large saucepan of boiling water and leave to simmer for 4 minutes. Drain the water then cover the noodles in cold water and set aside.





Step 3:

Heat a wok or a large frying pan with a little oil. Add the diced pork, keep it moving so that it doesn't burn. Once it has cooked through, add the peppers and stir fry for another minute. Pour the sauce mix that you made earlier, and stir until it starts to bubble.

Step 4:

Drain the noodles and add them to the wok, then add the beansprouts and spring onions, tossing the mixture to coat everything in the sauce, keep cooking and stirring until the veggies are cooked to your taste.



DID YOU LIKE THIS MEAL? GIVE IT A RATING OUT OF 5 STARS TO HELP YOU REMEMBER YOUR FAVOURITES:

NOT FOR ME 1 2 3 4 5 LET'S MAKE IT AGAIN!