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Sesame Soy Glazed Pork With Carrots, Bok Choy And Noodles

We get our delicious peanut butter from the lovely people at Pip and Nut. Not only are they passionate about nut butters but they are also lovely people and occasionally even bring breakfast over to the Fresh Farm, which is usually devoured within minutes! We hope you enjoy their peanut butter in our recipe this week!



35 mins



family box



lactose free



Oyster Sauce (2 tbsp)



Honey (2 tbsp)



Pork Fillet (2)



Sesame Seeds (2 tbsp)



Egg Noodles (4 nests)



Bok Choy (2)



Carrot (4)




Peanut Butter (3 tbsp)



Soy Sauce (4 tbsp)

Ingredients

	4 PEOPLE	ALLERGENS
Oyster Sauce	2 tbsp	Molluscs, Gluten
Honey	2 tbsp	
Pork Fillet	2	
Sesame Seeds	2 tbsp	Sesame
Noodles	4 nests	Gluten, Egg
Bok Choy	2	
Carrot	4	
Peanut Butter	3 tbsp	Peanut
Soy Sauce	4 tbsp	Gluten, Soya

 Our fruit and veggies come straight from the farm so give them a little wash before using

LH Step for little hands

Did you know...

Bok choy is best harvested during the cool hours of the morning to decrease the likelihood of the leaves wilting.

Nutrition per serving: Calories: 625 kcal | Protein: 43 g | Carbs: 68 g | Fat: 21 g | Saturated Fat: 6 g

1



1 Pre-heat your oven to 200 degrees and bring a pot of water to the boil with $\frac{1}{2}$ tsp of **salt** (this is for the noodles later on). Mix together the **oyster sauce** and the **honey** and pop the **pork** in a roasting tin. Spread your soy honey mixture over the **pork**, turning the meat so it is evenly coated. Sprinkle evenly with the **sesame seeds** so the **pork** has a good covering.

4



2 Pop in your oven for 20 mins and when the 20 mins are up, take your **pork** out of your oven, cover your roasting tin with foil and pop back in for a further 10 mins.

Tip: Covering the pork with foil prevents the outside burning while still cooking the inside of the meat.

5



3 While your **pork** is cooking get the **noodles** and vegetables prepared! Put the **noodles** in the pot of boiling water for 3 mins then drain them. **Tip:** The noodles should be just soft enough to eat, so test them before draining. Refill the pot with cold water, put the **noodles** back in and keep the pot to the side. **Tip:** This will stop them cooking and keep them from sticking together.

6



4 Now time for the veggies!

Chop off the root of the **bok choy** and then chop it widthways into 3cm slices. Peel and chop off the tops and bottoms of the **carrots** and then pull a vegetable peeler lengthways along them, this will make lovely thin ribbons (if you use a knife they would be too thick).

5 Put 2 tbsp of **oil** in a frying pan and add your vegetables along with $\frac{1}{2}$ tsp of **salt** and some **pepper**. Stir-fry your vegetables for 2 $\frac{1}{2}$ mins.

6 LH: Add the **peanut butter** to a bowl with the **soy sauce** and 1 tbsp of **water**. Give it a good stir to loosen it up and when your vegetables have fried for 2 $\frac{1}{2}$ mins, add the mixture to the pan. Stir-fry for another minute before draining your **noodles** and adding them to the pan. Stir everything together gently until it is all combined and heated through.

7 When your **pork** is cooked, slice it into 1cm slices, pop your stir fry into a bowl and serve your **pork** slices on top. Drizzle a little of the juices from your **pork** roasting tin on top and enjoy!