



Aromatic soy pork

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



686 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 150 g pork tenderloin
- ☐ 150 ml chicken stock see
- ☐ 2 tbsp soya sauce
- ☐ 1 tbsp cooking sherry dry
- ☐ 1 tsp five-spice powder chinese
- ☐ 2.5 cm/1in piece root ginger fresh peeled finely sliced
- ☐ 1 garlic clove peeled finely sliced
- ☐ 1 bunch half a spring onions whole trimmed (4)

- ☐ 50 g flat rice noodles
- ☐ 1 small bok choi chinese
- ☐ 1 serving vegetable oil
- ☐ 1 tsp sesame seed toasted
- ☐ 1 handful coriander leaves

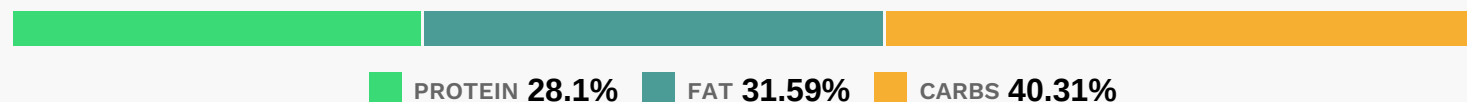
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Slice the pork into long thin strips.
- ☐ Put the stock, soy sauce, sherry, 5-spice powder (or paste), ginger, garlic and spring onions into a small saucepan with a lid and bring to a gentle simmer. After about 2 minutes, when the stock ingredients have got to know each other, stir in the pork, cover and let it simmer away, but not boil. It will take about 5 minutes for the pork to change colour and become firm, then you know it is cooked.
- ☐ Put the noodles in a bowl with boiling water and soak for 4 minutes.
- ☐ Cut the bok choi or leaves, widthways, into 2.5cm/1in slices.
- ☐ Drain the noodles and toss with oil and sesame seeds.
- ☐ When the pork is ready, stir in the bok choi, simmer for 1 minute. To serve, pile the noodles into a bowl, spoon pork and other bits on top, pour the broth around and scatter coriander leaves over. And dont forget to keep paper napkins handy for those noodle slurps.

Nutrition Facts



Properties

Glycemic Index:264, Glycemic Load:29.14, Inflammation Score:-10, Nutrition Score:47.230434583581%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg

Nutrients (% of daily need)

Calories: 685.84kcal (34.29%), Fat: 23.95g (36.85%), Saturated Fat: 4.81g (30.09%), Carbohydrates: 68.79g (22.93%), Net Carbohydrates: 66.14g (24.05%), Sugar: 4.44g (4.93%), Cholesterol: 102.06mg (34.02%), Sodium: 2468.68mg (107.33%), Alcohol: 1.54g (100%), Alcohol %: 0.19% (100%), Protein: 47.95g (95.89%), Vitamin B1: 1.63mg (108.92%), Manganese: 1.8mg (89.94%), Selenium: 60.31µg (86.15%), Vitamin B3: 16.89mg (84.45%), Vitamin K: 88.26µg (84.06%), Vitamin B6: 1.64mg (81.81%), Folate: 278.33µg (69.58%), Phosphorus: 671.9mg (67.19%), Vitamin A: 2766.32IU (55.33%), Vitamin B2: 0.88mg (51.78%), Copper: 1mg (50.03%), Iron: 8.17mg (45.39%), Potassium: 1519.54mg (43.42%), Magnesium: 134.42mg (33.61%), Vitamin C: 26.04mg (31.57%), Zinc: 4.71mg (31.38%), Calcium: 248.11mg (24.81%), Vitamin B5: 1.71mg (17.14%), Vitamin B12: 0.78µg (13%), Vitamin E: 1.81mg (12.04%), Fiber: 2.66g (10.62%), Vitamin D: 0.45µg (3%)