



Minced soy pork with rice noodles



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



2

CALORIES



752 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 140 g rice
- ☐ 1 tbsp vegetable oil; peanut oil preferred
- ☐ 2 garlic clove
- ☐ 1 tbsp ginger grated
- ☐ 3 mushrooms dried hot chinese drained finely chopped for 20 mins, and
- ☐ 1 tbsp shrimp dried hot drained finely chopped for 20 mins, and
- ☐ 250 g ground pork lean
- ☐ 1 tbsp rice wine

- ☐ 1 tbsp soya sauce dark
- ☐ 1 tbsp soy sauce light
- ☐ 50 ml vegetable stock hot
- ☐ 1 tbsp sesame oil toasted
- ☐ 2 spring onion finely sliced
- ☐ 1 handful cilantro leaves roughly chopped

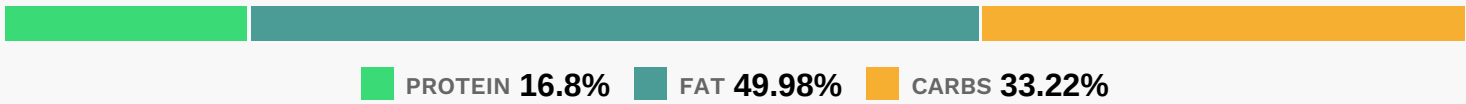
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Bring a pan of water to the boil and add the noodles. Cook for 4 mins, then drain well and set aside.
- ☐ Heat a wok over high heat and add the groundnut oil. When it starts to smoke, add the garlic, ginger, finely chopped mushrooms and shrimps. Stir well for a few secs, add the mince and stir-fry. When the meat starts to turn brown, add the rice wine and mix well. Season with the dark and light soy sauce, pour in the stock and bring to the bubble.
- ☐ After 1 min, season the pork with the toasted sesame oil, sprinkle over the spring onions and coriander, then stir in.
- ☐ Add the rice noodles and mix well.
- ☐ Serve in bowls and eat immediately, seasoned with a little more soy sauce, if you like.

Nutrition Facts



Properties

Glycemic Index:138.59, Glycemic Load:34.72, Inflammation Score:-5, Nutrition Score:22.984347754199%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 752.34kcal (37.62%), Fat: 40.93g (62.97%), Saturated Fat: 12.14g (75.85%), Carbohydrates: 61.21g (20.4%), Net Carbohydrates: 59.35g (21.58%), Sugar: 1.58g (1.76%), Cholesterol: 101.9mg (33.97%), Sodium: 1192.56mg (51.85%), Alcohol: 1.21g (100%), Alcohol %: 0.48% (100%), Protein: 30.95g (61.9%), Vitamin B1: 1.01mg (67.58%), Selenium: 44.9µg (64.14%), Manganese: 0.97mg (48.32%), Vitamin B3: 8.47mg (42.35%), Phosphorus: 375.89mg (37.59%), Vitamin B6: 0.71mg (35.69%), Vitamin K: 32.16µg (30.63%), Vitamin B2: 0.49mg (29.02%), Zinc: 3.95mg (26.34%), Vitamin B5: 2.11mg (21.07%), Copper: 0.39mg (19.54%), Potassium: 664.29mg (18.98%), Magnesium: 59.36mg (14.84%), Vitamin B12: 0.89µg (14.78%), Iron: 2.57mg (14.29%), Vitamin E: 1.37mg (9.1%), Fiber: 1.86g (7.42%), Folate: 29.58µg (7.4%), Vitamin C: 5.41mg (6.56%), Vitamin A: 316.51IU (6.33%), Calcium: 62.67mg (6.27%)