



Singapore noodles



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



297 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tbsp teriyaki sauce
- ☐ 0.5 tsp five-spice powder chinese
- ☐ 2 tsp madras curry powder
- ☐ 300 g pork tenderloin trimmed
- ☐ 140 g egg noodle
- ☐ 1 tbsp unrefined sunflower oil
- ☐ 600 g packs stir-fry vegetables mixed fresh
- ☐ 100 g prawn frozen thawed cooked

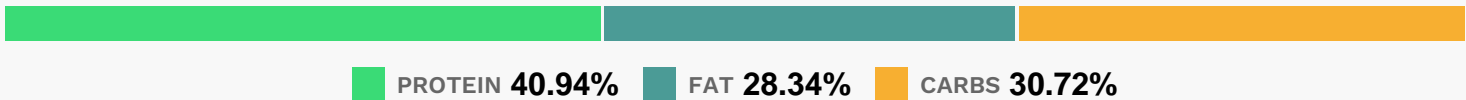
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ wok
- ☐ cutting board

Directions

- ☐ Mix the teriyaki sauce, five-spice and curry powders.
- ☐ Add half to the pork, turning to coat, and leave to marinate for 15 mins.
- ☐ Heat oven to 200C/180C fan/ gas
- ☐ Remove pork from the marinade and put on a small baking tray lined with foil. Roast for 15-20 mins.
- ☐ Meanwhile, cook the noodles following pack instructions, but reduce the cooking time by 1 min. Refresh in cold water and drain very well.
- ☐ Transfer the pork to a chopping board and rest for 5 mins. Set a large non-stick frying pan or wok over a medium-high heat.
- ☐ Add the oil and stir-fry the veg for 3-4 mins.
- ☐ Cut the pork in half lengthways, then thinly slice. Tip into the pan, with the prawns, noodles and remaining marinade. Toss together for 2-3 mins until hot.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:6.41, Inflammation Score:-10, Nutrition Score:26.277391164199%

Nutrients (% of daily need)

Calories: 296.94kcal (14.85%), Fat: 9.58g (14.74%), Saturated Fat: 2.16g (13.51%), Carbohydrates: 23.38g (7.79%), Net Carbohydrates: 16.96g (6.17%), Sugar: 2.06g (2.29%), Cholesterol: 219.2mg (73.07%), Sodium: 707.35mg (30.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.16g (62.32%), Vitamin A: 7817.42IU (156.35%), Vitamin B1: 0.95mg (63.59%), Selenium: 34.79µg (49.7%), Phosphorus: 423.03mg (42.3%), Vitamin B6: 0.81mg (40.72%), Vitamin B3: 7.14mg (35.69%), Vitamin B2: 0.56mg (32.8%), Fiber: 6.42g (25.67%), Manganese: 0.45mg (22.48%), Potassium: 784.56mg (22.42%), Magnesium: 80.82mg (20.21%), Iron: 3.61mg (20.07%), Zinc: 2.96mg (19.73%), Vitamin C: 15.82mg (19.17%), Copper: 0.36mg (17.81%), Folate: 62.62µg (15.66%), Vitamin E: 2.19mg (14.6%), Vitamin B5: 1.45mg (14.47%), Vitamin B12: 0.69µg (11.57%), Calcium: 88.24mg (8.82%), Vitamin D: 0.85µg (5.67%), Vitamin K: 1.29µg (1.23%)