



Sticky pork & radish noodles

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



481 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tbsp clear honey
- ☐ 2 lime zest
- ☐ 450 g pork tenderloin thinly sliced
- ☐ 200 g extra wide egg noodles
- ☐ 140 g radishes thinly sliced
- ☐ 200 g snow peas cut into strips
- ☐ 1 large carrots cut into matchsticks
- ☐ 1 small bunch cilantro leaves roughly chopped

☐ 2 tbsp unrefined sunflower oil

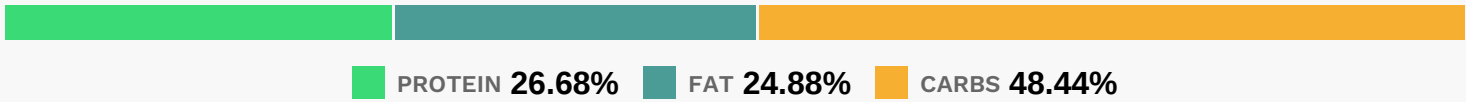
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk the honey and lime zest and juice together in a large bowl and season.
- ☐ Add the pork and mix well to coat in the marinade. Cover and chill for 10 mins.
- ☐ Cook the noodles in a pan of boiling water for 4 mins.
- ☐ Mix together the radishes, mangetout, carrot and coriander in a serving bowl.
- ☐ Heat the oil in a large non-stick frying pan.
- ☐ Remove the pork from the marinade and add to the pan. Stir-fry for 3–5 mins, until golden and cooked through.
- ☐ Add the marinade to the pan and allow to bubble for 1 min.
- ☐ Drain the noodles and divide them between serving plates. Spoon the pork and all the pan juices over the vegetables and gently mix.
- ☐ Serve the noodles with the pork and vegetables.

Nutrition Facts



Properties

Glycemic Index:59.78, Glycemic Load:23.33, Inflammation Score:-10, Nutrition Score:32.658695759981%

Flavonoids

Pelargonidin: 22.1mg, Pelargonidin: 22.1mg, Pelargonidin: 22.1mg, Pelargonidin: 22.1mg Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 481.25kcal (24.06%), Fat: 13.45g (20.69%), Saturated Fat: 2.65g (16.58%), Carbohydrates: 58.89g (19.63%), Net Carbohydrates: 53.85g (19.58%), Sugar: 17.96g (19.95%), Cholesterol: 115.13mg (38.38%), Sodium: 99.29mg (4.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.44g (64.88%), Selenium: 74.34µg (106.2%), Vitamin B1: 1.29mg (86.15%), Vitamin A: 3737.99IU (74.76%), Vitamin C: 46.61mg (56.5%), Vitamin B6: 1.12mg (55.97%), Vitamin B3: 9.16mg (45.8%), Phosphorus: 441.3mg (44.13%), Manganese: 0.64mg (31.95%), Vitamin B2: 0.5mg (29.66%), Vitamin E: 3.75mg (24.97%), Potassium: 856.05mg (24.46%), Zinc: 3.42mg (22.81%), Vitamin K: 22.36µg (21.3%), Fiber: 5.04g (20.16%), Magnesium: 79.88mg (19.97%), Iron: 3.56mg (19.76%), Vitamin B5: 1.97mg (19.74%), Copper: 0.35mg (17.28%), Folate: 51.9µg (12.98%), Vitamin B12: 0.73µg (12.17%), Calcium: 73.78mg (7.38%), Vitamin D: 0.49µg (3.25%)