



Sticky pork with gingered noodles & kale

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



326 kcal

SIDE DISH

Ingredients

- ☐ 2 tsp ginger fresh grated
- ☐ 2 tbsp soya sauce
- ☐ 1 tbsp clear honey
- ☐ 1 pinch five spice powder good
- ☐ 4 pork steaks
- ☐ 250 g extra wide egg noodles
- ☐ 1 tbsp unrefined sunflower oil
- ☐ 300 g kale shredded

☐ 1 to 5 chillies red finely chopped

Equipment

☐ frying pan

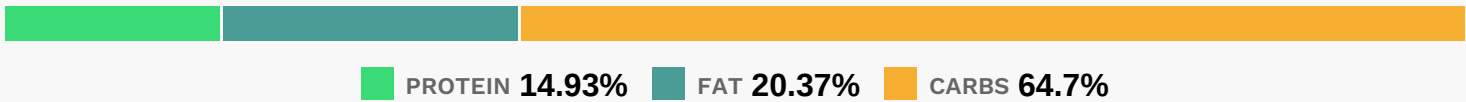
☐ grill

☐ wok

Directions

- ☐ Mix half the ginger with the soy, honey and five-spice in a shallow dish.
- ☐ Add the pork steaks and turn in the mixture to coat. Grill for 6–8 mins, turning once, until the pork is cooked and nicely browned.
- ☐ Meanwhile, cook the noodles following pack instructions.
- ☐ Heat the oil in a wok or large frying pan, then quickly fry the remaining ginger with the kale and chilli for 2 mins until wilted.
- ☐ Drain the noodles and add to the pan, tossing everything together.
- ☐ Serve with the pork steaks.

Nutrition Facts



Properties

Glycemic Index:52.07, Glycemic Load:21.49, Inflammation Score:-10, Nutrition Score:29.186086799787%

Flavonoids

Isorhamnetin: 17.7mg, Isorhamnetin: 17.7mg, Isorhamnetin: 17.7mg, Isorhamnetin: 17.7mg Kaempferol: 35.1mg, Kaempferol: 35.1mg, Kaempferol: 35.1mg, Kaempferol: 35.1mg Quercetin: 16.93mg, Quercetin: 16.93mg, Quercetin: 16.93mg, Quercetin: 16.93mg

Nutrients (% of daily need)

Calories: 326.01kcal (16.3%), Fat: 7.56g (11.62%), Saturated Fat: 1.25g (7.78%), Carbohydrates: 53.98g (17.99%), Net Carbohydrates: 48.53g (17.65%), Sugar: 6.85g (7.61%), Cholesterol: 53.1mg (17.7%), Sodium: 557.66mg (24.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.46g (24.92%), Vitamin K: 294.58µg (280.55%), Vitamin A: 7639.13IU (152.78%), Vitamin C: 86.35mg (104.66%), Selenium: 50.4µg (72%), Manganese: 1.11mg (55.35%), Calcium: 217.98mg (21.8%), Fiber: 5.45g (21.78%), Phosphorus: 212.08mg (21.21%), Vitamin B2: 0.35mg (20.4%), Folate:

69.07µg (17.27%), Magnesium: 68.37mg (17.09%), Vitamin B6: 0.33mg (16.49%), Iron: 2.85mg (15.83%), Vitamin E: 2.25mg (14.98%), Vitamin B1: 0.21mg (14.07%), Potassium: 482.68mg (13.79%), Vitamin B3: 2.76mg (13.79%), Copper: 0.26mg (12.97%), Zinc: 1.62mg (10.82%), Vitamin B5: 0.72mg (7.18%), Vitamin B12: 0.19µg (3.17%), Vitamin D: 0.19µg (1.29%)