



## Thai pork patties with sweet chilli & noodles



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



604 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 250 g ground pork minced
- ☐ 1 garlic clove finely chopped
- ☐ 3 lemon grass finely chopped
- ☐ 1 tbsp fish sauce
- ☐ 1 handful cilantro leaves chopped
- ☐ 1 tbsp sesame oil
- ☐ 1 tsp sugar
- ☐ 100 g rice fine

- ☐ 4 spring onion chopped
- ☐ 2 servings chilli sauce sweet

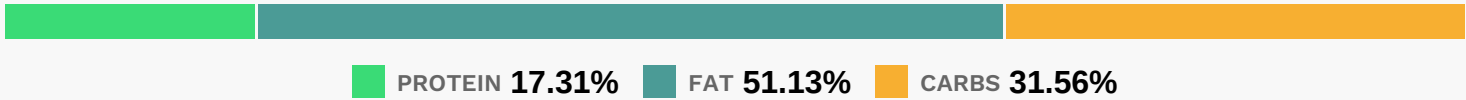
## Equipment

- ☐ bowl
- ☐ baking pan
- ☐ grill

## Directions

- ☐ Heat the grill. In a bowl, mix together the pork, garlic, lemongrass, fish sauce and half the coriander. Season with pepper.
- ☐ Mix well and form into 8 patties. Rub each one with the oil and a sprinkling of sugar, then place on a rack in a baking tray.
- ☐ Grill the patties for 3 mins each side until golden brown. Meanwhile, in a large bowl, cook the rice noodles following pack instructions.
- ☐ Drain the warm noodles and serve with the patties, chopped spring onions, remaining coriander and a drizzle of sweet chilli dipping sauce.

## Nutrition Facts



## Properties

Glycemic Index:112.64, Glycemic Load:26.04, Inflammation Score:-5, Nutrition Score:21.450869529144%

## Flavonoids

Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

## Nutrients (% of daily need)

Calories: 604.22kcal (30.21%), Fat: 33.93g (52.2%), Saturated Fat: 10.94g (68.37%), Carbohydrates: 47.12g (15.71%), Net Carbohydrates: 45.75g (16.64%), Sugar: 3.55g (3.95%), Cholesterol: 90mg (30%), Sodium: 794.49mg (34.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.84g (51.68%), Vitamin B1: 0.97mg (64.9%), Selenium: 39.56µg (56.51%), Vitamin K: 56.91µg (54.2%), Manganese: 1.04mg (52.07%), Vitamin B3: 6.67mg (33.36%), Vitamin

B6: 0.64mg (31.93%), Phosphorus: 296.59mg (29.66%), Zinc: 3.6mg (24.01%), Vitamin B2: 0.36mg (21.06%), Potassium: 579.11mg (16.55%), Magnesium: 62.19mg (15.55%), Vitamin B12: 0.92µg (15.3%), Iron: 2.6mg (14.45%), Vitamin B5: 1.39mg (13.95%), Copper: 0.22mg (10.99%), Folate: 37.11µg (9.28%), Vitamin C: 6.64mg (8.04%), Vitamin A: 384.65IU (7.69%), Calcium: 61.6mg (6.16%), Fiber: 1.37g (5.47%), Vitamin E: 0.34mg (2.24%)