

Sticky Pork and Mangetout Stir Fry

Ingredients

100g dried egg noodles
300g pork escalopes, cut into strips
1 tsp cornflour
for frying oil
4 spring onions, shredded
100g mangetout, halved lengthways
1 lemon, juiced
1 tbsp honey
2 tbsp soy sauce
2 tbsp Asian chilli sauce



Method

STEP 1

Cook the noodles and drain well. Toss the pork with the cornflour and some seasoning. Heat 1 tbsp oil in a wok or large non-stick frying pan and stir-fry the pork for 2 minutes then scoop the pork out. Add the veg to the pan, keeping back some of the spring onions, and toss for a couple of minutes.

STEP 2

Add back the pork and the lemon, honey, soy and chilli sauce, plus a splash of water, and bubble for a few minutes until you have a sauce. Toss with the noodles until heated through and sprinkle over the remaining spring onions to serve.