

Singapore Noodles



Ingredients

- 300g/11oz pork tenderloin
- 140g medium egg noodles
- 600g mixed stir fry vegetables (you can buy frozen/fresh packs or chop up your own, example: carrot, peppers, mange tout, spring onion)
- 100g cooked prawns (thawed if frozen)
- 3 tablespoons of sweet chilli sauce
- 3 tablespoons soy sauce
- 2 tablespoons madras curry powder
- $\frac{1}{2}$ teaspoon Chinese five-spice powder
- 1 tablespoon of olive/sunflower oil.

Method

- Mix the sweet chilli sauce, five spice and curry powders together in a small bowl.
- Add the pork, coat it fully and leave to marinade for 15 minutes.
- Heat oven to 200c/180cfan/gas 6.
- Remove pork from marinade, fry in a hot pan until golden brown, add prawns and cook for a further 3 minutes.
- Meanwhile cook noodles in pan of boiling water (as per pack instructions) but reduce cooking time by 1 minute. Take out and refresh in cold water and drain.
- Transfer cooked pork to a chopping board and let it rest for five minutes.
- Set a non-stick frying pan or wok over a medium high heat, add tablespoon of oil and stir-fry veg for 3-4 mins.
- Cut pork loin in half and slice thinly, tip it into the pan with the prawns and noodles and leftover marinade.
- Toss together over heat for 2-3 mins and serve.