Pork & Udon Noodle Bowl



Ingredients

Sauce:

½ cup / 125 mL sodium-reduced soy sauce
2 Tbsp / 30 mL honey
1 Tbsp / 15 mL unseasoned rice vinegar
2 tsp / 10 mL sesame oil
1-2 tsp / 5-10 mL sambal oelek*
1 Tbsp / 15 mL grated ginger root
2-3 cloves garlic, pressed

* Sambal oelek is an Asian chili paste that can be found at Asian markets and larger grocery stores.

Stir-fry:

1 lb / 0.5 kg pork loin centre chops, boneless
1 Tbsp / 15 mL canola oil
1 large carrot, peeled and cut into matchsticks
3 ½ oz / 100 g shiitake mushrooms, sliced
1 red bell pepper, seeded and cut into matchsticks
2-7 oz / 200 g pkgs. vacuum-sealed udon noodles
3-4 baby bok choy bulbs, leaves only
3 Tbsp / 45 mL thinly sliced green onion

Directions

For the sauce:

1. In medium bowl, thoroughly combine sauce ingredients. Separate into two portions – 3 Tbsp for marinating and the remainder for cooking.

For the stir-fry:

1. With sharp knife, trim unwanted fat from chops. Slice chops against the grain into ¼-inch wide strips.

2. In large bowl, combine pork strips with 3 Tbsp sauce; cover and let marinate while preparing vegetables. Keep vegetables separate.
3. In large sauté pan or wok, heat oil over high heat. With tongs, transfer some of the pork strips to the hot pan. Stir-fry pork strips in batches, just until lightly browned. Transfer to clean plate.
4. Add carrots to pan; cook, stirring, about 2 minutes. Add mushrooms and red pepper to pan; cook, stirring, 1-2 minutes more.
5. Return pork strips and any accumulated juices to pan; stir to combine.
6. Add udon noodles and remaining sauce. Cook, tossing until noodles are hot and coated with sauce, about 2 minutes.
7. Remove pan from heat. Incorporate bok choy leaves into stir-fry. Allow mixture to sit just until leaves start to wilt, about 1 minute.
8. Serve warm, garnished with green onion.

Additional Info

- **Cut:** Chops/steaks
- **Prep Time (Minutes):** 30
- **Cook Time (Minutes):** 30
- **Number of Servings:** 4-6