

Fresh for Kids®

Satay broccoli, pork & noodle stir-fry



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Satay broccoli, pork & noodle stir-fry

Preparation: about 15 minutes

Cooking: about 10 minutes

Serves: 4

450g fresh thin hokkien noodles

2 tbs peanut oil

350g pork fillet, trimmed and chopped

250g broccoli, trimmed and cut into small florets

2 celery sticks, thinly sliced

1 medium carrot, shredded or coarsely grated

½ cup mild satay sauce

½ cup chicken stock or water

1 cup bean sprouts, trimmed

1. Place noodles into a heatproof bowl. Cover with boiling water and stand for 2 minutes until noodles are tender. Drain and set aside.
2. Heat 1 tbs oil in a wok over high heat. Add pork and stir-fry for 3–4 minutes until golden and almost cooked through. Transfer to a plate.
3. Heat remaining oil in wok. Add broccoli, celery, carrot, satay sauce, stock or water and stir-fry for 2–3 minutes until broccoli is just tender. Add bean sprouts, noodles and pork. Toss until well combined and noodles are heated through and serve.

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Broccoli

- One of the most nutritious of all vegetables with iron, potassium and a high content of vitamins, including vitamin C. The body needs this vitamin for healthy gums and connective tissue throughout the body.
- A good source of folate, one of the B complex vitamins that is important for heart health.

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