



## CHILLI PORK NOODLES

Super quick to make, this delicious stir fry is packed with vegetables and is a great budget family dish too coming in at under £1 per serving. You can throw in any frozen veg that you have to hand; sliced peppers, mushrooms, spinach...

Keep it mild for younger children; spicing it up at the table by adding chilli flakes to taste for those with a more adventurous palate.



**Skills Check:** Follow a recipe; follow food safety and hygiene rules; tidy away; use measuring spoons; cut using bridge/claw technique safely; use the hob (with adult supervision).

**Equipment:** Chopping board, knife, saucepan, colander/sieve, frying pan, garlic crusher, measuring spoons, wooden spoon/spatula, can opener.

**Allergens\*:** Wheat | Gluten | Soya | May contain eggs

### Ingredients (serves 4):

- 250g wholewheat noodles
- 1 tbsp vegetable oil
- 500g pork mince
- 400g can of chopped tomatoes
- 1 onion, diced
- 1 clove of garlic, crushed
- 1 tsp chilli powder
- 1 red pepper, de-seeded and diced (or use frozen sliced peppers)
- 3 tbsp soy sauce, reduced salt

### Method

1. Cook the wholewheat noodles as per the packet instructions; drain and set aside.
2. Heat the oil in a deep-sided frying pan until hot.
3. Add the onion, garlic, chilli powder and mince and stir fry over a high heat for 8-10 minutes until the mince is brown all over.
4. Add the red pepper and bamboo shoots (if using) and fry for a further minute or two.
5. Add the tomatoes and cook for a further 2 - 3 minutes.
6. Stir in the cooked noodles and soy sauce, heat through and serve immediately.

\* Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.



## CHILLI PORK NOODLES

### Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

### So, thinking about Chilli Pork Noodles ...

**Wheat noodles** are low in fat and sugar, and are a good source of starchy carbohydrates which give us energy. Wholegrain varieties are available which contain more fibre.

**Pork** is a good source of high quality protein, B vitamins, iron and zinc.

**Vegetables** are so good for us! Low in fat, sugar and calories and high in vitamins, minerals and antioxidants.



### Energy, sugar, fat and salt per serving

Per 366g adult serving

<b>ENERGY</b>	1915kJ / 457kcal	23%
<b>FAT</b>	17.0g	24%
<b>SATURATES</b>	4.9g	25%
<b>SUGARS</b>	8.7g	10%
<b>SALT</b>	1.3g	22%

% of an adult's reference intake  
Typical values per 100g : Energy 523kJ / 125kcal

### Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

**% Reference Intakes** are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.