



Soba noodle stir fry

FF

GF*

Serves: 4

Preparation time: 15 mins | Cooking time: 15 mins

Ingredients

3 tbsp extra virgin olive oil (EVOO)

300g lean pork fillet, thinly sliced

2 cups broccoli head florets

2 medium carrots, julienned

1 small red capsicum, seeds removed and julienned

15 green beans, sliced

1 x 270g packet soba noodles, prepared according to packet instructions

2 tbsp gluten free sweet chilli sauce

2 tbsp lime juice

1 cup bean sprouts

½ cup coriander leaves

2 tsp black sesame seeds

Method

1. Heat a large fry pan or wok to a high temperature. Add 1 tbsp of EVOO and stir fry half of the pork fillet for 3–4 minutes. Repeat with second half of pork. Remove from pan and set aside.
2. Heat remaining EVOO, add broccoli, carrots, capsicum and beans and toss till just tender, another 3–4 minutes.
3. Return pork to the pan with cooked noodles. Add sweet chilli sauce and lime juice. Toss to combine and heat through.
4. Serve immediately garnished with bean sprouts, coriander leaves and black sesame seeds.

***Can be tweaked to be gluten free:**

Use rice noodles instead of soba noodles