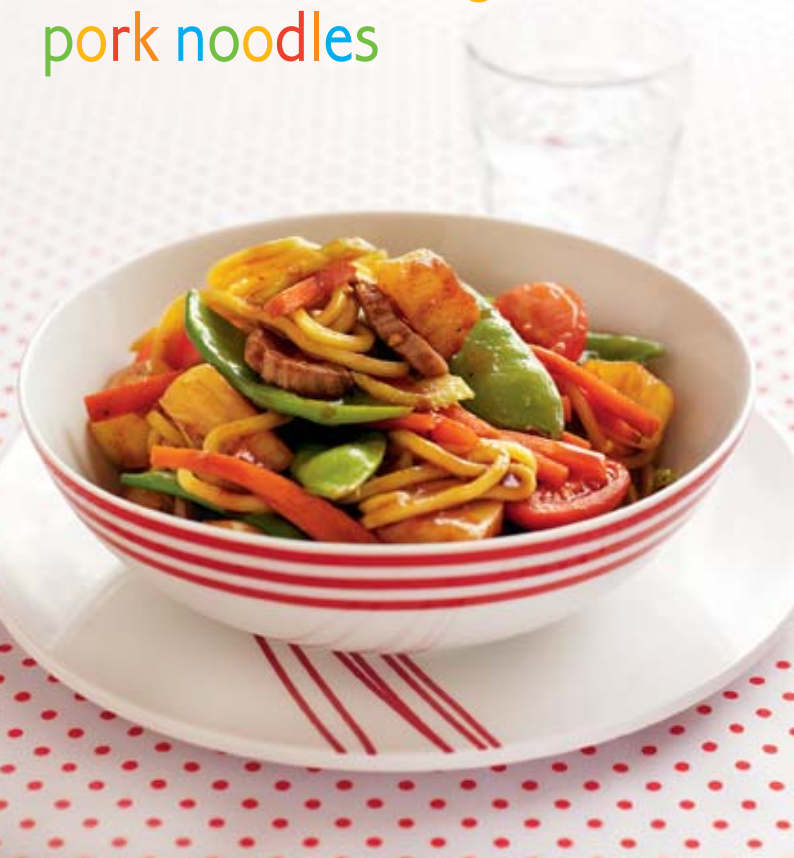


Fresh for Kids®

Sweet & sour vegetable & pork noodles



Sweet & sour vegetable & pork noodles

Preparation: about 20 minutes

Cooking: about 10 minutes

Serves: 4

¼ cup salt reduced soy sauce

¼ cup tomato sauce

1 tbs brown sugar

400g fresh Hokkien noodles

2 tbs peanut oil

350g pork fillet, thinly sliced

2 green onions (shallots), trimmed and sliced

1 celery stick, thinly sliced

1 carrot, peeled and cut into matchsticks

¼ small pineapple, peeled and chopped

150g sugar snap or snow peas, trimmed

125g cherry or mini roma tomatoes, halved

1. Combine soy sauce, tomato sauce and brown sugar in a jug. Set aside.
2. Place noodles in a heatproof bowl. Cover with boiling water. Stand for 2 minutes. Drain, separate noodles and set aside.
3. Heat a wok over high heat. Add oil and heat until hot. Add pork and stir-fry for 2 minutes or until just cooked through. Transfer to a plate.
4. Add green onions, celery, carrot, pineapple and peas to wok. Stir-fry for 2 minutes. Add pork, noodles, sauce mixture and tomatoes. Stir-fry for 1–2 minutes until hot and serve.

Fresh for Kids®

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Carrots

- Crunching a carrot or some carrot sticks is an ideal way to freshen the mouth and help keep teeth clean.
- The old adage that carrots help you see in the dark comes from their high content of beta carotene which the body converts to vitamin A. Healthy eyesight (especially in dim light) depends on adequate vitamin A.
- The natural sweetness in carrots makes them popular with kids and they're also a good source of dietary fibre (keeps kids regular).

For fresh fruit and vegetable recipes visit
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