

Mustard Pork and Noodles

Ingredients

Pork

- 300g Pork (2 Scotch steaks)
- 1 ½ teaspoons Chicken Bisto gravy mix
- Heaped tsp Hot English Mustard
- Tbsp. Cornflour

Noodles

- 140g Rice Stick Pad Thai Noodles
- Sesame Seed Oil
- ¼ Onion diced
- 2 good sized cloves Garlic sliced
- 1 Birdseye Chilli sliced (with seeds if liked hotter)
- Generous knob Butter
- Tbsp. Olive Oil
- 1 Green Cayenne Chilli
- 1 Leek
- 8 Snow Peas
- 1 or 2 Asparagus stalks

Preparation

Prepare the noodles as per packet instructions. When soft drain in a sieve reserving 1/3 cup (80ml) of the water. Use tongs to separate the noodles, splashing sesame oil on sparingly to aid in not sticking together.

Put the vegetables into a bowl:

- Cut the leek into 3 pieces then slice each piece lengthways into 8ths.
- Peel the spine off the snow peas and cut each into 3 pieces.
- Slice the green chilli, removing seeds.
- Cut any woody end off the asparagus and slice diagonally into small pieces.

Slice the pork into bite sized pieces

Make up the Bisto with 300ml boiling water

Cooking

Put the red chilli, garlic and onion into a large frying pan. Add the butter and oil and put onto a low heat. Keep stirring the mixture until the onions start to go translucent.

Put a spray of olive oil into a medium frying pan and over a medium high heat, cook the pork until cooked through and starting to brown. If your supermarket pork produces a lot of fluid, allow that the steam away.

Tip the vegetables into the pan with the onion mixture and add just a little heat. Keep stirring the vegetables occasionally as they cook through.

When the pork is ready, take it out and set it aside. Pour most of the Bisto into the pan and stir well scraping the pan to pick up any residue the pork has left. Add the reserved noodle water. Bring the pan to a gentle boil. Mix the cornflour with water to make a paste and, stirring constantly, add the cornflour mixture. If the sauce is too thick add a little of the remaining stock.

Add the mustard and stir the sauce well to mix it in and break down any lumps. Turn the heat up to reduce the sauce a little.

Add the pork back into the sauce and keep warm. It's OK if it simmers a little, just stir it occasionally.

Now turn the heat up under the vegetables just a little but not so high that it burns anything. Using tongs add the noodles a few at a time, turning the mixture over to combine the noodles and vegetables. Stir for a minute or two to warm the noodles up again.

Serve with some soy sauce to drizzle onto the vegetables, if liked.

Notes

This is not about frying anything apart from cooking the pork. Keep the heat low to medium under the vegetables so that nothing gets burnt, especially the garlic.

With the leek, half each piece lengthways. Put the leek on the board flat side down, and slice it into four strips lengthways again.

If the sauce gets lumps of cornflour or mustard that you can't stir out, don't be too proud to use a hand whisk.