



Quick Marinated Thai Pork Loin with Baby Corn & Mange tout

This dish is packed full of fresh vegetables but it is the noodles that are the real focal point of the dish! Soba is the Japanese name for buckwheat. It usually refers to thin noodles made from buckwheat flour. Soba contains all eight essential amino acids, and nutritionally is a much better alternative to wheat flour noodles.

Ingredients

- Pork Tenderloin
- Sesame Seeds
- Garlic
- Soba Noodles
- Chilli
- Sauce Mix
- Spring Onion
- Soy Sauce
- Baby Corn
- Rapeseed Oil
- Mange tout
- Oyster Sauce

Your Pantry

- Olive Oil
- Salt & Pepper
- Sugar

Nutritional Info

Calories: 529 kcal
Carbohydrates: 58 g
Protein: 44 g
Fat: 13 g

Allergens

[Sesame \(Sesame Seeds\)](#)

[Soya \(Soy Sauce\)](#)

[Molluscs, Fish \(Oyster Sauce\)](#)

[Wheat \(Oyster Sauce, Soy Sauce\)](#)


[Noodles may also contain traces of Wheat \(Gluten\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) **Marinate pork**

Peel and grate the garlic. Slice the pork tenderloin into 1cm discs and place in a bowl, add the sauce mix (soy sauce, rapeseed oil, oyster sauce), grated garlic and 1 tsp of sugar, mix well. Marinate for 15 min.

2) **Prepare Vegetables**

Remove the seeds from the chilli and then finely slice (leave them in if you like it spicy!). Slice the spring onion on the diagonal. Cut the baby corn in half lengthways.

3) **Noodles**

Bring a saucepan of water to the boil, add the soba noodles and simmer for min until cooked. Drain, rinse in cold water, and set aside.

4) **Cooking The Dish**

Pre-heat a non-stick frying pan or wok over a medium to high heat, then add the marinated pork mixture and cook for 4 mins, before adding the mangetout and baby corn cooking for a further 2 mins. Lastly add the cooked noodles and warm through.

5) **Plating the dish**

Plate the dish, add the chilli, spring onion and sprinkle with sesame seeds. If mixture isn't saucy enough for your liking, drizzle a couple of teaspoons of soy sauce over the finished dish.



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