



READY TO COOK
BY HARRIS FARM

CREATE THIS MEAL WITH...
DAVE'S RECIPE BOX

HONEY SOY PORK CHOPS WITH SOBA NOODLES, CUP MUSHROOMS AND SEASONAL GREENS



PREP
10 min



COOK
30 min



SERVES
4

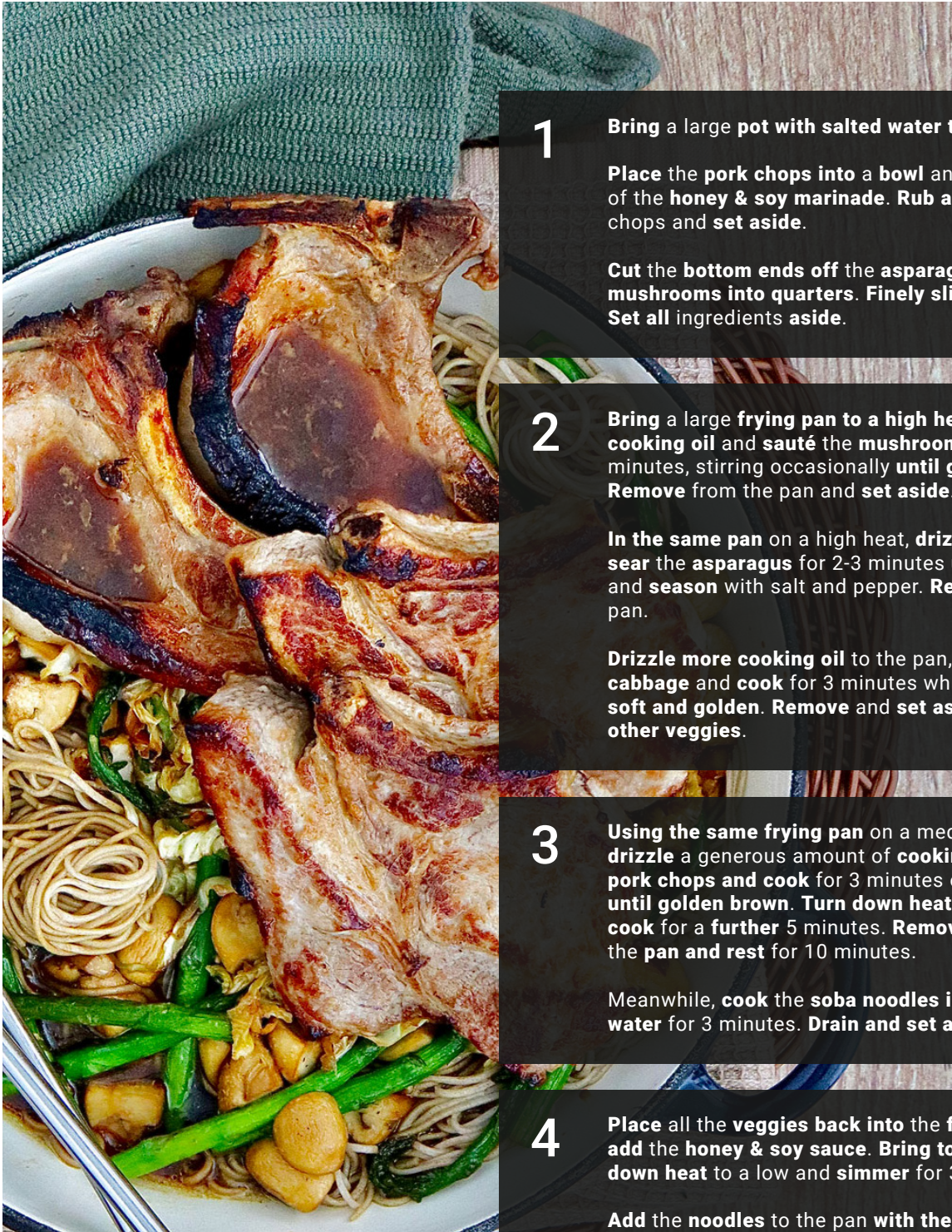
INGREDIENTS:

- > 4 Pork Loin Chops
- > 1 Asparagus Bunch
- > 200g Cup Mushrooms
- > ¼ Cabbage
- > 270g Soba Noodles
- > 1 Lemon
- > 75 ml Honey & Soy Marinade

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Cooking Oil
- > Salt and Pepper

METHOD - GET COOKING!



1

Bring a large pot with salted water to the boil.

Place the pork chops into a bowl and add a ¼ cup of the honey & soy marinade. Rub all over the chops and set aside.

Cut the bottom ends off the asparagus. Cut the mushrooms into quarters. Finely slice the cabbage. Set all ingredients aside.

2

Bring a large frying pan to a high heat, drizzle cooking oil and sauté the mushrooms for 5 minutes, stirring occasionally until golden brown. Remove from the pan and set aside.

In the same pan on a high heat, drizzle cooking oil, sear the asparagus for 2-3 minutes until softened, and season with salt and pepper. Remove from the pan.

Drizzle more cooking oil to the pan, add the cabbage and cook for 3 minutes while stirring until soft and golden. Remove and set aside with the other veggies.

3

Using the same frying pan on a medium high heat, drizzle a generous amount of cooking oil. Add the pork chops and cook for 3 minutes on each side until golden brown. Turn down heat to a low and cook for a further 5 minutes. Remove chops from the pan and rest for 10 minutes.

Meanwhile, cook the soba noodles in the boiling water for 3 minutes. Drain and set aside.

4

Place all the veggies back into the frying pan and add the honey & soy sauce. Bring to the boil, turn down heat to a low and simmer for 3 minutes.

Add the noodles to the pan with the veggies, squeeze the juice of ½ a lemon and toss well.

Serve pork chops with soba noodles, veggies and honey soy sauce.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Cook the pork chops for a little longer depending on the thickness of the chops.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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