



**READY TO COOK**  
BY HARRIS FARM

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

# MISO & MAPLE PORK FILLET WITH UDON NOODLES



PREP  
**5 min**



COOK  
**25 min**



SERVES  
**4**

## INGREDIENTS:

- > 1 Pork Fillet
- > 1 Jar Beerenberg Miso Maple Pork Meal Base
- > 1 Bunch Gai Lan
- > 1 Punnet Button Mushrooms 200g
- > 1 Pack Udon Noodles
- > ½ Bunch Shallots

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Sesame Seeds (Optional)

# METHOD - GET COOKING!



**1** Bring a large pot of salted **water to the boil**.

Start by cutting the **Gai Lan** in half and the **mushrooms** into quarters. Finely **slice** the **spring onion**, **cut** the **pork fillet** into thin slices, and **set aside**.



**2** In a large frying pan on high heat, **drizzle** in some **olive oil** and **sear** the **pork** for approximately 3 minutes, then turn over and cook for another 2 mins.

**Remove** from the pan and **set aside**.

In the same frying pan, **place** in the **mushrooms** and **spring onion**, and **cook** for 3 mins.

**Add** the **pork back in** and **stir** to combine for 2 mins.



**3** **Place** the **noodles in the boiling water** and **cook** for 8-10 mins, **cook** the **chopped Gai Lan** in the same boiling water for the last 3 mins before draining the noodles.

**Add** the **sauce** and  $\frac{1}{2}$  a jar of **water**, **bringing to the boil**, then turn down to **simmer** for about 5 minutes.



**4** **Serve** noodles **with** the **miso and maple pork**, **Gai Lan** and finish with some toasted sesame seeds if you have them available.

## ABOUT YOUR LEFTOVER INGREDIENTS...

- There won't be any leftovers this time!

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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