



LEMON-PEPPER PORK STIR-FRY

with Garlic Broccoli, Peppers and Udon Noodles

FAMILY



HELLO
UDON NOODLES

A thick flour noodle, popular in Japanese cuisine

PREP: 15 MIN | **TOTAL: 30 MIN** | **CALORIES: 461**



Pork Strips



Lemon-Pepper Seasoning



Lemon



Cornstarch



Rice Vinegar



Soy Sauce



Garlic



Broccoli, florets



Udon Noodles



Green Onions



Yellow Bell Pepper

BUST OUT

- Garlic Press
- Whisk
- Large Pot
- Zester
- Large Bowl
- Measuring Cups
- Measuring Spoons
- Strainer
- Paper Towel
- Sugar (2 tsp)
- Large Non-Stick Pan
- Salt and Pepper
- Small Bowl
- Olive or Canola oil

INGREDIENTS

	4-person
• Pork Strips	570 g
• Lemon-Pepper Seasoning	1 tbsp
• Cornstarch 9	2 tbsp
• Lemon	1 unit
• Rice Vinegar	2 tbsp
• Soy Sauce 1,4	¼ cup
• Garlic	20 g
• Broccoli, florets	227 g
• Udon Noodles 1	400 g
• Green Onions	4
• Yellow Bell Pepper	190 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

0 Seafood/Fruit de Mer	6 Mustard/Moutarde
1 Wheat/Blé	7 Peanut/Cacahuète
2 Milk/Lait	8 Sesame/Sésame
3 Egg/Oeuf	9 Sulphites/Sulfites
4 Soy/Soja	10 Crustacean/Crustacé
5 Tree Nut/Noix	11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 71°C/160°F.



START STRONG

Don't have a garlic press? Lay the garlic cloves on a chopping board, then place a chef's knife flat on top and press down firmly to crush. Finely chop the garlic.



1 PREP Wash and dry all produce.* In a large pot, add **10 ½ cups water** and **1 tsp salt**. Cover and bring to a boil over high heat. Meanwhile, cut the **broccoli** into bite-size pieces. Mince or grate the **garlic**. Thinly slice the **green onions**. Core, then cut the **peppers** into ½-inch cubes. Zest, then juice **half the lemon**. Cut the **remaining lemon** into wedges.



4 MAKE SAUCE Meanwhile, in a small bowl, whisk together **cornstarch** and **1 cup cold water**. Whisk in **vinegar**, **soy sauce**, **1 tsp lemon juice** and **2 tsp sugar** into **cornstarch mixture** until combined.



2 COOK PORK Pat **pork** dry with paper towels. In a large bowl, toss together the **pork**, **lemon zest** and **lemon-pepper seasoning**. Heat a large non-stick pan over medium-high heat. When pan is hot, add **1 tbsp oil**, then **half the pork**. Cook until browned, 2-3 min per side. (**TIP:** Cook to a min. internal temp. of 71°C/160°F.**) Transfer to a plate and cover. Repeat with another **1 tbsp oil** and the **remaining pork**.



5 FINISH STIR-FRY Add the **sauce** and **pork** to the pan. Stir until the **sauce** has thickened slightly and coats the **broccoli** and **pork**, 1-2 min. Meanwhile, add the **udon noodles** to the **boiling water**. Cook, stirring often, until tender, 3-4 min. Drain the **noodles**, then add them to the same pan with the **pork mixture**. Stir to combine, 1 min.



3 COOK VEGGIES Add the **peppers**, **broccoli**, **garlic** and **1 tbsp oil** to the same pan. Season with **salt** and **pepper**. Cook, stirring occasionally, until the **veggies** are tender-crisp, 3-4 min.



6 FINISH AND SERVE Divide the **lemon pork stir-fry** between bowls. Sprinkle over the **green onions**. Serve with a **lemon wedge**, if desired.

SLURP!

Making loud slurping sounds while eating noodles is considered a compliment to the chef in some Asian countries!