

HEALTHY AFFORDABLE MEALS

Pork Chow Mein Noodles (6 Serves)

Ingredients

- 450g packet egg noodles
- 1 tablespoon canola oil
- 500g lean pork strips
- 2 piece ginger, finely grated
- 3 cloves garlic, minced
- 350g button mushrooms, sliced
- 250g snow peas, trimmed
- 3 cups bean sprouts, trimmed
- 1 tablespoon salt reduced soy sauce
- 3 tablespoon oyster sauce
- Coriander and lime slices to serve

Method

1. Cook the noodles based on the packet instructions.
2. Heat oil in a large frying pan on medium to high heat.
3. Add pork and cook for about 10 minutes.
4. Add ginger and garlic and stir for about 1 minute.
5. Add mushrooms and cook for 2 minutes until softened.
6. Add noodles, snow peas, bean sprouts and sauces and stir through to combine for 5 minutes.
7. Garnish with coriander and lime, serve and enjoy.

Recipe change for your little one:

From around 6 months

- Remove sauces and puree the cooked meal.



From around 7-8 months

- Remove sauces.
- Food texture is fork-mashed or finely chopped and soft.



From around 8-9 months

- Remove sauces.
- Roughly mince pork and give bite-sized pieces of noodles and soft vegetables.



From 12 months onwards

- The meal can be the same texture as the family diet.

