

# PORK CHOW MEIN



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Ago. | Set. 12

Photos: Virgílio Rodrigues  
Chef: Fernando Fonseca

## INGREDIENTS

- 300g pork (leg)
- 120g soya bean sprouts
- ½ pack Go Tan wheat noodles
- 100g pak choi
- 50g shitake or Portobello mushrooms
- ½ red pepper
- 1 red onion
- 2 tsp corn flour
- 4 tbsp Blue Dragon soy sauce
- 4 tbsp Amoy oyster sauce
- 4 tbsp peanut oil
- 1 spring onion
- Salt and black pepper to taste



## METHOD

Cut the pork into small strips • Marinate in a mixture comprising 1 tbsp soy sauce, 1 tbsp oyster sauce, salt, pepper and 1 tsp corn flour • Boil up some salted water in a small pan • Add the noodles and turn off the heat • After 5 minutes, strain and rinse in cold water until entirely chilled • Keep for later • Chop the onion and the pepper into strips, slice the mushrooms and the pak choi, slicing through the stalks • Wash the soya bean sprouts and drain well • Place a tbsp of oil in a wok and fry the noodles, stirring continuously until they are golden all over • Save for later • Save for later • Cook the pak choi individually and make it sweat with the help of a few drops of water • Cook the meat on full heat, removing and repeat with the vegetables, adding first the onion and then the peppers and mushrooms and finally the soya bean sprouts • Prepare the sauce by adding the remaining 3 tbsp soy sauce, 3 tbsp oyster sauce, ½ cup of meat stock and 1 tsp corn flour • Return all the ingredients to the wok, mix and add the sauce. Serve once fully mixed

**Tip:** The cooking should be done in parts as heat sources in home kitchens do not have the power needed to match typical Chinese woks • The cooking should be quick and very hot