



Sweet & Spicy 2x Pork Chop & Lo Mein

with Cabbage & Scallions

Protein Smart

Preparation time : 20 min.



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-US/recipes/sweet-spicy-2x-pork-chop-lo-mein-228>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

No special utensils

Ingredients for 1-6 people

Ingredient	2p	3p	4p	6p
Lo Mein Noodles (ounce)	4½	6¾	9	13½
Sweet Thai Chili Sauce (ounce)	1	1½	2	3
Sweet Soy Glaze (tablespoon)	4	6	8	12
Scallions (unit)	2	3	4	6
Coleslaw Mix (ounce)	4	6	8	12
Sriracha (teaspoon)	1	1½	2	3
Garlic Powder (teaspoon)	1	1½	2	3
Pork Chops (ounce)	20	30	40	60
Peanuts (ounce)	½	¾	1	1½
Cooking Oil (teaspoon (tsp))	2	to taste	2	4
Butter (tablespoon (tbsp))	1	to taste	2	3

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Calories	920 kcal
Fat	36 g
Saturated Fat	12 g
Carbohydrate	75 g
Sugar	25 g
Dietary Fiber	3 g
Protein	63 g
Cholesterol	185 mg
Sodium	2200 mg

Allergens

Soy, Milk, Wheat, Sesame, Peanuts

Always check the product labels for allergen information.



Prep

- Bring a large pot of **water** to a boil. **Wash and dry produce.**
- Trim **scallions**. Thinly slice greens; cut whites into ½-inch batons. Gently crush **peanuts** in their bag.



Cook Noodles

- Once water is boiling, add **noodles** to pot. Cook, stirring occasionally, until al dente, 5-7 minutes.
- Drain and set aside.



Prep & Cook Pork

- Pat **pork*** dry with paper towels; thinly slice crosswise into strips. Season all over with **salt** and **pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add pork in an even layer; cook, stirring occasionally, until browned and cooked through, 3-5 minutes.
- Turn off heat. Transfer pork to a plate; wipe out pan.



Cook Veggies

- Heat another **drizzle of oil** in pan used for pork over medium-high heat. Add **scallion whites**, **coleslaw mix**, **garlic powder**, **salt**, and **pepper**. Cook, stirring occasionally, until veggies begin to soften, 1-2 minutes.



Finish Stir-Fry

- Return **pork** to pan with **veggies**.
- Add **sweet soy glaze**, **chili sauce**, ½ cup **water** (¾ cup for 4 servings), and as much **Sriracha** as you like; stir to combine.
- Add **drained noodles** and **half the peanuts** to pan; remove from heat. Stir in **1 TBSP butter** (2 TBSP for 4). Taste and season with **salt** and **pepper** if desired.



Serve

- Divide **lo mein** between shallow bowls. Sprinkle with **scallion greens** and **remaining peanuts**. Serve.

Enjoy your meal!