



# Five-spice pork ramen bowl

Serves 4

## Ingredients

- 4 lean pork steaks, visible fat removed, cut into small chunks
- 4 level tsp Chinese five-spice powder
- Low-calorie cooking spray
- 1.2 litres hot chicken stock
- 300g baby sweetcorn, cut into chunks
- 4cm piece fresh root ginger, peeled & cut into matchsticks
- 2 garlic cloves, chopped
- 1 1/2 tbsp soy sauce
- 350g dried rice noodles or egg noodles
- 4 large pak choi, quartered
- 12 radishes, thinly sliced
- Red chilli to serve (optional)
- Fresh coriander sprigs, to serve

## Method

1. Put the pork & five-spice powder in a bowl & toss to coat well.
2. Spray a large non-stick frying pan with low-calorie cooking spray & place over a medium heat. Cook the pork for 8-10 minutes or until crispy, browned & cooked through, stirring often (you might need to do this in batches). Transfer to a plate & cover with kitchen foil to keep warm.
3. Meanwhile, place a large saucepan over a high heat. Add the stock, baby sweetcorn, ginger, garlic, soy sauce & oyster sauce & bring to the boil. Drop in the noodles & cook for 5 minutes, adding the pak choi for the last 2 minutes. Using tongs or a slotted spoon, divide the noodles, pak choi & baby sweetcorn between shallow bowls, trying to keep each ingredient apart as much as you can.
4. Add the radishes to each bowl, pile the pork in the middle & ladle in the broth. Scatter with chilli, if using, & coriander sprigs to serve.

The perfect bowl food!