THE LIGHTER PLATE METHOD

Sticky Pork with Courgette Noodles

A sweet-savoury glaze clings to the pork while courgette noodles keep the whole plate light.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**15 min**	**25 min**	**4**	**EASY**

Ingredients

- 500 g pork fillet (sliced)
- 2 tbsp hoisin sauce
- 1 tbsp soy sauce
- 1 tbsp honey
- 2 cm piece fresh root ginger (grated)
- 4 courgettes (spiralised)
- 1 tsp sesame seeds

Method

1. Mix the hoisin, soy sauce, honey and ginger together.
2. Heat a little oil in a large frying pan or wok over a high heat and stir-fry the pork for 4–5 minutes, until browned.
3. Pour in the sauce mixture and cook for 2–3 minutes, until it thickens to a sticky glaze coating the pork.
4. Add the courgette noodles and toss for 1–2 minutes, just to warm through and soften slightly.
5. Scatter with sesame seeds to serve.

Tips & swaps

- Don't overcook the courgette noodles — they should still have some bite, not go soggy.
- Chicken thigh works just as well as pork here.

Storage & reheating

Best eaten fresh; courgette noodles release water on standing.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
300	**32g**	**16g**	**11g**	**3g**

Estimated values, for guidance only. Contains: Soya, Sesame.