

Singapore Noodles

for 4 people – takes 55 minutes from start to serving

Ingredients

300g pork tenderloin
200g prawns
100g fine egg noodles (vermicelli egg noodles)
1 red onion
1 red pepper
100g shiitake mushrooms
2 garlic cloves, crushed
20g fresh root ginger
10 spring onions
3 tbsp dark soy sauce
2 tbsp dry sherry
2 tsp soft light brown sugar
2 tsp medium Madras curry powder
½ tsp Chinese five spice powder
3 tbsp sunflower oil

55 minutes before the meal is to be served, trim fat and sinew from the pork fillet, put the meat in a bowl and pour over the soy sauce and sherry. Stir in the sugar and five spice powder and leave to stand, turning in the marinade every ten minutes. Meanwhile, cut the red onion into thin wedges, de-seed and slice the pepper, slice the shiitake mushrooms and crush the garlic. Peel the ginger and then grate or chop it. Trim the spring onions and slice them across diagonally. Cut half-way through the back of all of the prawns (this makes them butterfly when they are later cooked). Pre-heat the oven to 200°C/400°F/Gas 6

25 minutes before the meal is to be served, drain the pork, reserving the marinade afterwards to one side. Place the pork on a small aluminium foil-lined tray. Drizzle with one tablespoon of the oil and roast in the oven for 12 minutes. Meanwhile, boil a kettle of water, use the water to cook the egg noodles according to the packet instructions, and then drain off the water.

13 minutes before the meal is to be served, remove the pork tenderloin from the oven and set aside to stand. Place a large heavy-based frying pan or wok over a medium heat. Add two tablespoons of the oil and stir-fry the onion, red pepper and mushrooms together for 5-6 minutes or until they begin to soften and lightly colour. While these are cooking, cut the pork lengthways in half and then slice into thin pieces. Add the garlic and ginger to the pan/wok and stir-fry for one minute. Sprinkle the curry powder into the pan/wok and cook for two further minutes.

4 minutes before the meal is to be served, add the pork to the hot pan/wok along with the prawns and spring onions. Stir-fry for one minute then add the drained noodles and the reserved marinade. Mix together with chopsticks or a couple of forks for 2-3 minutes until piping hot. Serve immediately.