Main dishes / China

wheat noodles with pork tenderloin and courgette · China

A modern China-inspired noodle or pasta dish with courgette and pork tenderloin.

Time 35 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 320 g wheat noodles
- ☐ 500 g courgette
- ☐ 10 g finely grated fresh ginger
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g pork tenderloin
- ☐ 25 ml soy sauce
- ☐ 15 ml rice vinegar

Let's make it.

01 Cook the wheat noodles according to the packet. Reserve a cup of cooking water, then drain.

02 Clean the courgette and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the courgette and cook for a few minutes. Add a splash of cooking water, cover and cook until the vegetable is tender.

04 Cook the pork tenderloin thoroughly in a separate pan until the centre reaches at least 71°C.

05 Combine everything in the pan, loosening with cooking water if needed. Stir in the soy sauce, finely grated fresh ginger, rice vinegar and taste before serving.

AI-developed, not kitchen-tested.

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