

## IT'S NEVER TOO LATE TO JOIN OUR FAMILY FAKEAWAY CHALLENGE!

We all like to treat ourselves to a night without cooking by ordering some convenience food. Unfortunately, those "treats" can have a negative impact on your whole family's health and wellbeing especially if you eat them often.

### How to take part:

1. You will receive a weekly recipe for a nutritious Move More Family Fakeaway.
2. Prepare this recipe with your children and enjoy it as a family.
3. Send us photos to show your family preparing and/or enjoying the meal together (Photos won't be shared or used without your permission).
4. Photos should be sent to [marijana@move-more.org](mailto:marijana@move-more.org)
5. The winning photo will be announced at the end of the challenge.



## WEEK Six

### Pork Noodle Stir-Fry

Stir-fry is not only quick and easy way of cooking, but also healthier than some other ways of cooking. It results in crisps vegetables that have more nutrients than if they were boiled. The fat content of stir-fry is also low as stir-frying requires only a small amount of oil.

### Top Tip!

**Avoid instant noodles!**  
Regularly eating instant noodles can lead to problems such as diabetes, heart problems and high blood pressure. This is because instant noodles often contain monosodium glutamate (MSG) to enhance taste. They are also high in sodium and saturated fat.



### Did you know...

Egg noodles are often enriched and provide several key vitamins and minerals, including selenium, manganese, and B vitamins – all essential for our bodies to be able to work properly. Pork, and especially lean pork, is an essential source of many vitamins and minerals too, as well as protein which is super important for muscle growth.



# Pork Noodle Stir-Fry

Prep time: 15 minutes

Cooking time: 15 minutes

Serves: Family of 4

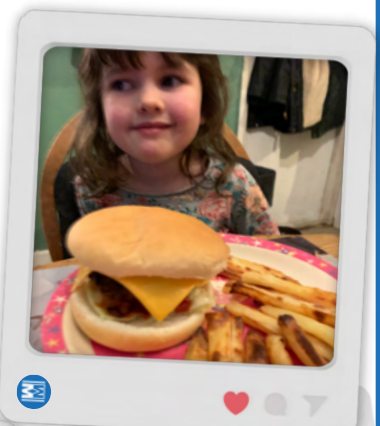
## Shopping List

- 3 tbsp sesame oil (or oil of your choice)
- 350g lean pork mince
- 350g egg noodles
- thumb-sized piece ginger, peeled and chopped, or 1½ tbsp ginger purée
- 3 garlic cloves, crushed
- 320g stir-fry veg (mangetout, baby sweetcorn, beansprouts, cabbage, peppers, mushrooms...)
- 4 tbsp low-salt soy sauce
- 2 tsp cornflour
- 4 tbsp sweet chilli sauce (or to taste)

1. Heat the oil in a wok or frying pan. Add the mince, break it up with a spoon and brown it over a high heat for about 8 mins.
2. While the meat cooks, boil a kettle, then pour the hot water over the noodles. Set aside for 5-10 mins to soften.
3. Add the ginger, garlic and veg to the pan and stir-fry for 2-3 mins.
4. Mix 1 tbsp soy sauce with the cornflour to make a paste. Add the remaining soy sauce, the chilli sauce and 2 tbsp water.
5. Drain the noodles and add to the pan with the sauce.
6. Cook until the sauce coats the noodles, adding a splash of water if needed, then serve.

Missed a challenge? Fear not!

You can download previous weeks here:  
<https://www.move-more.org/at-home-resources/>



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Email: [marijana@move-more.org](mailto:marijana@move-more.org)

Or Share your #FakeawayChallenge pics on social media  
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