



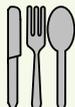
Miso, Hot Honey Pork and Rice Noodle Lettuce Cups



Prep



Cook



Set table



Serve

Recipe from 'Omnivore' by Jim Brisby and Simon Woods published by Cranswick PLC 2025.

You will practise:



chopping



frying



tasting safely



Chop & Change

Building resilience
not reliance





Meal information

Chop & Change



Preparation time



20 minutes



Cooking time



10 minutes



Serves

4  people



Nutrition

in



each serving:



Calories
(kcal)

772



Protein
(g)

31.1



Carbohydrate
(g)

77.5



Fat
(g)

18.7



Fibre
(g)

5.2



Ingredients

Chop & Change



For the pork:



20ml sunflower oil



4 garlic cloves, peeled and finely chopped



40g ginger, peeled and finely chopped



1 red chilli, seeds removed and finely chopped



500g pork mince



20g white miso



50g honey



40ml sriracha chilli sauce



10g coriander, roughly chopped



For the noodle salad:



40ml light soy sauce



25ml rice wine vinegar



zest and juice of 1 lime



1 clove garlic, peeled and finely grated



60g honey



300g cooked vermicelli rice noodles



1 large carrot, peeled and finely grated



20g coriander, leaves only



2 red chillis, seeds removed and finely sliced



Ingredients

Chop & Change



For the noodle salad:



3 spring onions,
roots removed
and finely
sliced



For the dressing:



80g honey



40ml sriracha
chilli sauce



1 tsp black
onion seeds



To serve:



2 little gem
lettuces, root
removed, washed
and separated
into leaves



Equipment

Chop & Change



hob



frying pan



large bowl



small bowl



chopping board



knife



grater



measuring jug



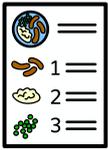
weighing scales



teaspoon



juicer



Method for the Pork

1. Place a frying pan on a medium to high heat.

2. Add sunflower oil, garlic, ginger and chilli.

3. Fry gently and stir for 1 minute.

4. Add the pork mince and cook for 5 minutes.

5. Break down the pork mince as it begins to brown.

6. Add the miso, honey, sriracha sauce and stir well.

7. Cook for 4 minutes.

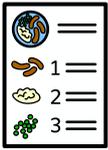


Method for the Pork

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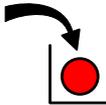
8. Add the chopped coriander and mix through.



Method for the Noodle Salad

1. Put the soy sauce and rice wine vinegar into a bowl.





2. Add the lime juice and lime zest, garlic and honey.



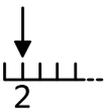


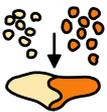


3. Mix together and set aside.



4. In a second bowl, combine the noodles, carrot and coriander.





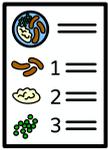


5. Stir in the chillies and spring onions.



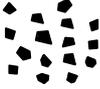

6. Add in the soy sauce mix.

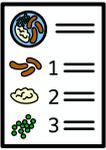


Method for the Dressing

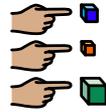
1. In a small  bowl,  mix  the honey  and  srracha.

2. Add  sea salt  and  the black onion seeds  and mix well.



To Serve

4



1. Place 4 lettuce cups on each plate.



2. Fill with the noodle salad.



3. Spoon the miso pork mixture on top of the noodle salad.



4. Drizzle with the honey dressing.