



Vietnamese Pork and Veggie flat Noodles

Ingredients:

⚙️ Pork mince	500g
⚙️ Extra virgin olive oil	1 tbsp
⚙️ Brown onion, finely diced	1
⚙️ Garlic, minced	2 tsp
⚙️ Ginger, minced	1 tsp
⚙️ Carrot, diced	2
⚙️ Corn kernels, canned	210g
⚙️ Spring onions, bunch	½ bunch
⚙️ Green peas, frozen	1 ½ cups
⚙️ Soy sauce, salt-reduced	1 tbsp
⚙️ Sesame oil	1 tsp
⚙️ Lime	1
⚙️ Cucumber, peeled into ribbons	1

Method:

- ⚙️ Heat olive oil in a pan over medium heat and add the pork to the pan and cook until browned. Then remove pork from pan and set aside.
- ⚙️ Add onion, garlic, ginger, carrot, corn and spring onions to the pan and cook for 2-3 minutes. Add the pork mince back to the pan. Add soy sauce and sesame oil and stir.
- ⚙️ Add the peas to the pan and heat through. Squeeze lime over the meat dish and toss together. Add cucumber ribbons on top.
- ⚙️ Cook the noodles according to packet instructions and serve with pork.





Iron rich food

Iron

Babies, toddlers and preschoolers are at higher risk of iron deficiency due to increased iron needs during rapid growth spurts. To ensure your child is meeting their iron requirements, offer lean red meat three times a week as red meat is a great source of haem iron, which is more readily absorbed than non-haem iron (plant based iron). When offering meat alternatives such as beans, lentils, chickpeas and tofu it is important to serve a source of vitamin C with the meal (e.g. squeeze of lemon, raw tomatoes, capsicum) to help promote absorption of the non-haem iron found in these foods.



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