



The Average Rose

Chinese Meat Sauce + Soba

INGREDIENTS

- 1lb ground pork
- 4 cloves of garlic
- 3tbs soy sauce/tamari (organic & reduced-sodium)
- 5tbs thick soy sauce (organic & reduced-sodium)
* you can always adjust the amount of soy sauce based on your taste *
- 1tbs brown sugar
- 1tbs rice vinegar
- 450cc water
- Your choice of how much Soba/whole wheat spaghetti/brown rice
* I prefer a 4:1 noodle to sauce ratio *

INSTRUCTIONS

1. Heat up oil over medium high heat. Add in garlic and constantly stir it until fragrant, but not browned.
2. Add in the meat. Mix it with garlic, break them into pieces, and stir until it's cooked thoroughly golden brown.
3. Add in soy sauce, brown sugar, rice vinegar, and mix them well.
4. Add in water, turn to low heat, cover, and let it simmer for 20 minutes.
5. While your sauce simmers, cook your noodles, chop your green onions, and get them ready to top and serve with the delicious meat sauce.