



SPEEDY PORK STIR-FRY

with Ginger, Sugar Snap Peas and Carrots



HELLO

OYSTER SAUCE

A savoury sauce that adds oomph to any stir-fry

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 604



Pork Tenderloin, strips



Garlic



Ginger



Long Red Chili



Sesame Oil



Jasmine Rice



Sugar Snap Peas, trimmed



Carrots, julienned



Oyster Sauce



Soy Sauce

BUST OUT

- Large Bowl
- Measuring Cups
- Large Pot
- Large Non-Stick Pan
- Sugar (2 tsp)
- Salt
- Pepper
- Olive or Canola oil

INGREDIENTS

4-person

- Pork Tenderloin, strips 2 pkg (680 g)
- Garlic 2 pkg (20 g)
- Ginger 30 g
- Long Red Chili 1
- Sesame Oil 8 1 pkg (2 tsp)
- Jasmine Rice 2 pkg (340 g)
- Sugar Snap Peas, trimmed 1 pkg (227 g)
- Carrots, julienned 1 pkg (285 g)
- Oyster Sauce 0,1 1 pkg (4 tbsp)
- Soy Sauce 1,4 4 pkg (2 tbsp)

ALLERGENS

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

START STRONG

Here's a trick for peeling ginger: using a spoon, scrape upwards against the skin. You may need to put a little pressure on it, but the skin will practically remove itself!



1 PREP Wash and dry all produce. Bring **2 2/3 cups salted water** in a large pot to a boil. Mince or grate the **garlic**. Peel, then mince or grate **1 tbsp ginger**. Finely chop the **chili**, removing the seeds for less heat.



4 COOK PORK Meanwhile, heat a large non-stick pan over high heat. Add the **pork**. Cook until golden-brown and cooked through, 1-2 min per side. Transfer to a plate.



2 SEASON PORK In a large bowl, combine the **pork strips** with **garlic, ginger** and **sesame oil**.



5 STIR-FRY Add the **sugar snap peas** and **carrots** to the pan. Cook, stirring often, until the vegetables are tender-crisp, 1-2 min. Stir in the **oyster sauce, soy sauce, 2 tsp sugar, pork** and **1 tbsp water**. Stir until everything is warmed through, 1-2 min.



3 COOK RICE Add the **rice** to the boiling water. Reduce the heat to medium-low. Cover with a lid and cook until the rice is tender and the water has been absorbed, 12-14 min.



6 FINISH AND SERVE Fluff the **rice** with a fork. Divide the rice between bowls and top with the **pork stir-fry**. Sprinkle with **chili**, if desired.

EASY DOES IT!

Stir-fries deliver the biggest flavour-to-effort ratio.