

## **Speedy Pork Stir-Fry**

with Ginger, Sugar Snap Peas and Carrots

Ah, ginger and pork. The two go together like Ginger Rogers and Fred Astaire. Dancing across your taste buds tonight, this lip smacking concoction in tasty oyster sauce served on a bed of pillowy jasmine rice won't fail to have you swinging.



Prep 30 min



Pork Loin Strips



Ginger



Long Red Chili



Garlic



Sesame O



Jasmine Rice



Sugar Snap Peas



Carrot



Oyster Sauce



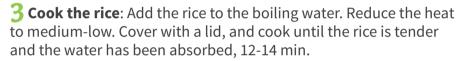
Soy Sauce

Ingredients		4 People	*Not Included	.⊑_
Pork Loin Strips		2 pkg (680 g)		in 1
Ginger		30 g	Allergens	34 !
Long Red Chili 🥒		1	1) Sesame/Sésame	
Garlic		2 pkg (20 g)	2) Wheat/Blé	72
Sesame Oil	1)	1 pkg (2 tsp)	<ol><li>Shellfish/Fruits de mer</li></ol>	. <del>_</del> _
Jasmine Rice		2 pkg (340 g)	4) Soy/Soja	1/4
Sugar Snap Peas, trimmed		1 pkg (227 g)	Ru	0 in
Carrot, matchsticks		1 pkg (285 g)		
Oyster Sauce	2) 3)	3 pkg (3 tbsp)	Tools	
Soy Sauce	2) 4)	1 pkg (1 tbsp)	Large Bowl, Measuring Cups	5,
Sugar*		2 tsp	Large Pot, Large Non-Stick F	⊃an,
Olive or Canola Oil*			Measuring Spoons	

Nutrition per person Calories: 600 cal | Fat: 7 g | Protein: 44 g | Carbs: 87 g | Fibre: 4 g | Sodium: 970 mg Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



- 1 Prep: Wash and dry all produce. Mince or grate the garlic and ginger. Thinly slice the chili (if using). Bring 2½ cups salted water in a large pot to a boil.
- **2** Marinate the pork: In a large bowl, combine the pork strips with garlic, ginger and sesame oil. Set aside.





- 4 Make the stir-fry: Meanwhile, heat a large non-stick frying pan over high heat. Add a drizzle of oil, then the pork. Cook until golden and cooked through, 1-2 min per side. Transfer to a plate.
- 5 Add the **sugar snap peas** and **carrot** to the same pan. Cook, stirring often, until the vegetables are tender-crisp, 1-2 min. Stir in the **oyster sauce**, **soy sauce**, **sugar**, **pork** and **1 tbsp water**. Stir until everything is warmed through, 1-2 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. Enjoy!



**NUTRITION TIP:** Carrots (and other orange veggies) are high in beta-carotene. This nutrient is converted to vitamin A in our bodies, which helps with many biological processes including developing night vision!