Ginger Pork Stir-fry with Snow Peas, Cabbage and Almonds

INGREDIENTS

1 tablespoon Chinese cooking wine

1 tablespoon salt-reduced tamari

1 garlic clove, crushed

1 teaspoon honey

1/2 teaspoon dried chilli flakes

250g pork fillet, thinly sliced

3 green shallots, cut into 3cm lengths

2cm-piece fresh ginger, cut into matchsticks

1 small red capsicum, deseeded, thinly sliced

125g snow peas, sliced

15g natural almonds

125g wombok, coarsely chopped

1 teaspoon sesame oil

125g tub microwave brown rice

Lime wedges, to serve

Fresh coriander leaves, to serve



METHOD

Combine the cooking wine, tamari, garlic, honey and chilli in a large sealable glass or plastic container. Add the pork and stir to coat.

Place the shallot, ginger, capsicum, snow pea, almonds and wombok in another large sealable glass or plastic container.

Freeze the containers for up to 3 months or until the night before cooking. Defrost overnight in the fridge.

Heat half the sesame oil in a large wok. Add the contents of the vegetable container and stirfry for 2-3 minutes or until just tender. Transfer to a bowl.

Heat the remaining sesame oil in the wok over high heat. Add the contents of the pork container and stir-fry for 2-3 minutes or until pork is golden. Return the vegetables to the wok and stir-fry for 1 minute or until heated through.

Meanwhile, cook the rice following to packet directions.

Serve stir-fry with rice and lime wedges, topped with coriander.

Serves: 2 Prep: 10 mins Cook: 10 mins Recipe: taste.com.au