

# Chinese-Style Pork



## Ingredients:

- 2 tsp Cornflour
- 1 Tbsp Light Soy Sauce
- 1 Tbsp Pale Dry Fino Sherry
- 150 ml Chicken Stock, made from 1 stock cube
- 2 Tbsp Sunflower Oil
- 2.5 cm Piece Of Root Ginger, peeled and finely chopped
- 2 Cloves Garlic, crushed
- 1 Onion, quartered
- 200 g Trimmed Mange Tout
- 300 g Left-Over Cooked Roast Pork, cut into bite-size pieces
- 2 x 250 g Packs Microwave Long Grain Rice
- 2 Spring Onions, trimmed and finely sliced

## Directions:

1. In a small bowl, gently whisk together the cornflour, soy sauce, sherry and chicken stock. Set aside.
2. Heat the oil in a large wok or frying pan. Add the ginger and garlic, and cook for 1 minute. Add the onion and mange tout and stir-fry for a further 2 minutes.
3. Add the pork and the soy sauce mixture and stir-fry for 2 minutes until the pork is warmed through and the sauce has thickened.
4. Cook the rice to pack instructions. Serve with the stir-fry and garnish with the spring onions.

Serves 4.

Nutrition      Each serving contains:

391 cals, 9.0g fat, of which 2.1g saturated fat, 11.5g added sugar, 1.31g salt

**Prep Time:** 10 mins **Cooking Time:** 8 mins



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