

Pork Stir-Fry

Ingredients:

- +/- 800g Pork fillet or chops, thinly sliced
- 1 Packet of Spaghetti

Sauce

- 2 tbsp Soya sauce
- 1 tbsp Honey
- 1 tbsp Red wine vinegar
- 2 tbsp Sweet Chili sauce
- 1 tbsp Brown sugar

Cooking

- 1 tbsp Oil
- 1 tsp Salt and pepper
- 1 tbsp Garlic, minced
- 1 tbsp Ginger, thinly sliced
- 1 tsp Corn flour/ Maizena

Veggies

- ½ Red pepper, in julienne strips
- ½ Green pepper, in julienne strips
- ½ Yellow pepper, in julienne strips
- 3 Medium Carrots, in julienne strips
- 1 tbsp Oil

Method:

Start by adding water to a pot and bring it to a boil, add in a drizzle of oil, and tsp of salt and then add in the spaghetti, boil the spaghetti for about 10 mins – strain and coat with a bit of oil to prevent it from sticking to one another.

Mix the sauce ingredients in a bowl and set aside. In a wok or pan, heat the oil, once the oil is hot add in the garlic, ginger and pork strips, fry for 2 mins then add the salt and pepper – fry for a further 5 mins until the pork is cooked, taste for seasoning and add salt if necessary, now add the sauce and mix through to make sure all the pork is coated, add in the corn flour to thicken the sauce and fry for a further 5 mins. - remove from heat and set aside.

In a clean wok, fry the veg ingredients together for about 8 mins (do not overcook as veggies must still have a bite to them and must still be bright in color)

Finally plate the pasta, veggies then pork – Garnish with sesame seeds and Spring onion

Eat & Enjoy!

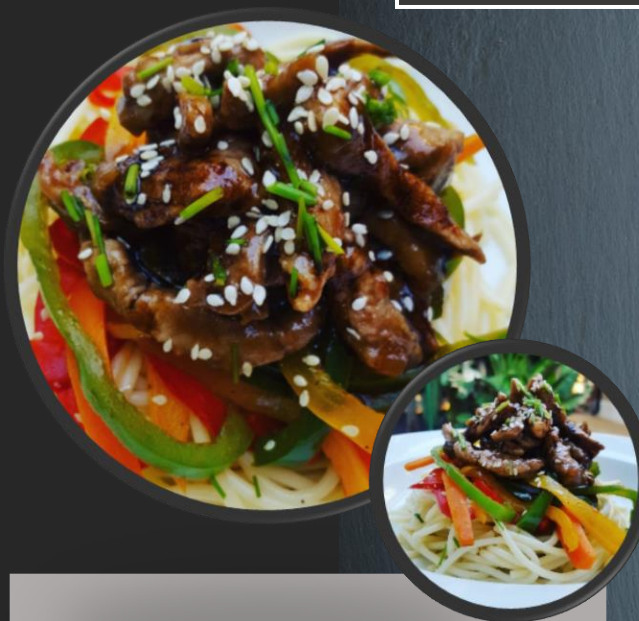
*Serves 6



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Tips & Tricks:

- You can replace the pork with chicken or beef.
- Make sure to slice the meat very thin so it will cook quickly.
- If you don't have red wine vinegar, you can leave it out, but then add in extra sweet chili.



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