

# Pork, ginger & soy stir fry

(Serves 2)

## Ingredients

- 2 tsps Cornflower
- 1 tbsp Water
- 2 tbsp Soy Sauce, dark, Amoy reduced salt
- 2 tsps Ginger, paste (10g if fresh ginger used)
- 1 tbsp Honey, clear
- 1 tsp Sesame seeds
- 1tbsp Oil, Rapeseed (Canola)
- 200g Pork, diced, extra lean
- 400g Mediterranean vegetables in oil
- 400g Beansprouts
- 2 Garlic cloves, crushed

## Preparation

1. Mix Cornflower with the tbsp water.
2. Stir in the soy sauce, ginger paste and honey & set aside.
3. Dry fry sesame seeds in a small saucepan & set aside.
4. Heat oil in a wok over a high heat. Cook diced pork according to packet instructions.
5. Add Mediterranean vegetables, beansprouts & garlic & cook for 2-3 mins over a high heat.
6. Reduce heat. Stir in the ginger, soy & honey sauce.
7. Stir & cook until sauce bubbles & thickens.
8. Serve immediately topped with the toasted sesame seeds.

**TOP TIP:** I use the prepared packets of Mediterranean veg as it is so much quicker, easier & cheaper than buying individual items but individual items can be used if preferred.

## NUTRITIONAL VALUES

### PER SERVING

Calories 479

Total Sugars 18.64g

Total Fats 23.32g

Saturated Fats 4.23g

Salt 2.02g

Fruit & Veg 3.5