

Speedy Pork Stir Fry with Ginger & Carrot

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: 15 mins Cook: 15 mins Total: 30 mins



level 1



spicy



helping hands

Pantry Items









Water





Pork Strips



Jasmine Rice



Ginger



Long Red Chilli







Sugar Snap Peas





Carrots

Oyster Sauce

QTY	Ingredients	
600 g	pork strips	
1 knob	ginger, peeled & grated	
1/2	long red chilli, deseeded & finely sliced (optional)	*************************************
2 cloves	garlic, peeled & crushed	1
2 tsp	sesame oil *	
1 ½ cups	Jasmine rice, rinsed well	
6 cups	water *	
200 g	sugar snap peas, trimmed & destrung	
2	carrots, cut into matchsticks	1
3 tbs	oyster sauce	
1 ½ tbs	salt-reduced soy sauce *	
2 tsp	sugar *	
1 tbs	water *	

Ingredient features in another recipe

* Pantry Items

Pre-preparation

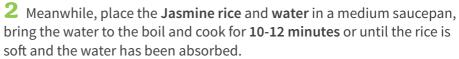
Nutrition per serve

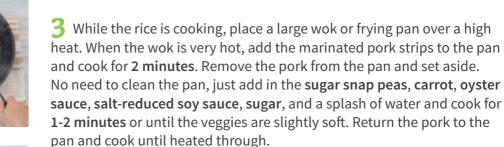
Energy	2220	Kj
Protein	44.3	g
Fat, total	5.1	g
-saturated	1.2	g
Carbohydrate	73.5	g
-sugars	12	g
Sodium	1190	mg



You will need: chef's knife, chopping board, vegetable peeler, grater, bowl, sieve, medium saucepan, large wok/frying pan, and a plate.

Place the **pork strips** into a bowl. Add in the **ginger**, **long red chilli**, **garlic**, and the **sesame oil**, set aside and marinate for **10 minutes**.







4 Divide the rice between bowls and serve with the saucy ginger pork stir fry.



Did you know? Only approximately 1 in 10,000 oysters contains a pearl.