



Pork & Carrot Stir-fry

Serves 2 (each serving contains approximately 560 kcal)

PROUDLY SUPPORTING
OPERATION TRANSFORMATION 2021



Ingredients

- 80g wholegrain brown rice
- 2 pork loin chops
- 2 garlic cloves
- 1 red chilli (optional)
- 1 1/2 teaspoons ground cumin
- 1 tablespoon reduced sodium soy sauce (15g)
- 1 onion
- 4 carrots
- 2 scallions
- 1 tablespoon rapeseed oil (15g)
- handful fresh coriander leaves (10g)
- salt (optional) and freshly ground black pepper

Method

Rinse the rice in a sieve and put in a pan with 250ml of water. Bring to the boil, then reduce the heat and cover with a lid. Simmer for 25 minutes and then leave to sit for another 10 minutes for perfectly cooked rice.

Take a clean chopping board and trim down the pork chops. Cut into thin slices and put in a dish.

Take a clean chopping board and trim the garlic cloves, then peel and then crush to a paste. Cut a red chilli in half and remove the seeds, then finely chop, if using. Add both to the pork and mix to combine. Stir in the cumin and soy sauce. Season with freshly ground black pepper.

Peel the carrots and trim, then cut into thin slices. Peel the onion and cut into slices. Trim the scallions and thinly slice.

Heat a wok or large frying pan over a medium to high heat. Add 1 tablespoon of rapeseed oil and stir-fry the carrots for 1 minute until just beginning to pick up a bit of colour. Add the scallions

Tip in the marinated pork and stir-fry for 3-4 minutes until the pork is cooked through and piping hot. Add the onion and scallions, reserving a few to garnish and stir-fry for another 1-2 minutes. Check that the pork is fully cooked by cutting through a piece with a small sharp knife – the juices should run clear. Divide the rice between bowls and put the pork & carrot stir-fry on plates. Scatter over the coriander leaves with the reserved scallions to serve.