

Stir-fried pork with ginger and soy sauce

Ingredients

- 250g/9oz pork tenderloin, all visible fat removed, cut into chunks
- 1 tsp cornflour
- 2 tbsp dark soy sauce
- low-calorie cooking spray
- 150g/5½oz button mushrooms, sliced
- 2 red peppers, deseeded and sliced
- 75g/2½oz mangetout, trimmed
- 15g/½oz fresh root ginger, cut into thin matchsticks
- 1 garlic clove, thinly sliced
- 4 spring onions, cut into short lengths
- freshly ground black pepper



Method

1. Season the pork with pepper. Mix the cornflour with two tablespoons of cold water until smooth, then stir in the soy sauce.
2. Spray a large wok, or deep frying pan, with cooking spray and place over a high heat. Stir-fry the pork for 1-2 minutes, or until lightly browned but not cooked through. Transfer to a plate.
3. Return the pan to the heat, reduce the heat a little and spray with more oil. Stir-fry the mushrooms and pepper for 2 minutes.
4. Add the mangetout and cook for a minute. Add the ginger, garlic and spring onions and stir-fry for a few seconds.
5. Return the pork to the pan and pour over the soy sauce mixture.
6. Cook for 1-2 minutes, or until the sauce has thickened and the pork is cooked through. Serve immediately.

Notes

As part of an Intermittent diet plan, 1 serving provides:

- Your daily salty food
- 3 of your 5 daily vegetable portions

This meal provides 250 kcal per portion