

## THAI PORK

Thai Pork adds Thai flavours to make an exciting meal out of a simple pork stir-fry.

Serves 4

Per serving: 254 calories, 5.9g fat

Prep time 10 mins

Cook time 15 mins

## INGREDIENTS

450g (1lb) lean pork fillets, cut into strips  
1 medium red onion, finely sliced  
1 red pepper, seeded and sliced  
2 small courgettes, sliced  
115g (4oz) chestnut mushrooms, sliced  
1 tsp chopped fresh ginger  
1 tbsp reduced-salt soy sauce  
1 tbsp hot mango chutney  
2 tsps finely chopped lemongrass  
freshly ground black pepper

## METHOD

1. Preheat a non-stick wok or frying pan and spray with rapeseed oil. Add the pork strips and season well with black pepper. Make sure you slice the pork fillets into thin strips to ensure they cook quickly and evenly. Dry-fry for 5–6 minutes or until just cooked.
2. Add the onion, red pepper and courgettes and dry-fry for 2–3 minutes, tossing the vegetables in the wok or pan. Add the mushrooms and ginger and mix well.
3. Mix together the soy sauce, mango chutney and lemongrass and add to the pan, coating the meat and vegetables.
4. Serve immediately on a bed of noodles.

