

# Bean, asparagus & tofu with pork



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Preparation 25 mins | Cooking 25 mins | Serves 4

- 1 tbs peanut oil
- 1 leek, trimmed, halved lengthways, washed and thinly sliced
- 1 long red chilli, seeded, thinly sliced
- 500g pork mince
- 200g green beans, trimmed and cut into 3cm pieces
- 1 bunch asparagus, trimmed and cut into 3cm pieces
- 2 tbs black bean garlic sauce
- 1 cup cold water
- 300g packet firm tofu, drained and cut into 2cm pieces
- 1 tbs light soy sauce
- 1 tbs shao hsing\* cooking wine
- 3 tsp caster sugar
- Thinly sliced green onion (shallot), sliced red chilli and steamed jasmine rice, to serve

*\*Shao Hsing is a Chinese cooking wine available in Asian grocers and the Asian aisle in supermarkets. Alternatively, use dry sherry or stock.*

**STEP 1** Heat oil in a wok over medium heat. Add leek and chilli, stir-fry for 2-3 minutes until tender. Increase heat to high, add pork, stir-fry for 3 minutes, breaking up mince, until evenly browned. Stir in beans, asparagus, black bean sauce and water. Reduce heat to medium and simmer, stirring occasionally, for 12-15 minutes until water has reduced.

**STEP 2** Add tofu, soy sauce, shao hsing wine and sugar. Gently stir-fry for 2-3 minutes until hot. Serve with green onion, chilli and rice.

## Good for you... ASPARAGUS

*One of the best sources of natural folate. This B complex vitamin is important to contribute to reduction of tiredness and fatigue. A source of vitamin C which helps protect the body from damage from free radicals.*

