

Bok choy & chilli pork stir-fry



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Preparation 20 mins | Cooking 10 mins | Serves 4

- 2 tbs peanut or vegetable oil
- 360g pork fillet, trimmed and cut into 1cm thick slices
- 1 bunch bok choy, trimmed, stems chopped and leaves separated
- ½ small bunch coriander, stems chopped and leaves separated
- 2 tps grated fresh ginger
- 2 garlic cloves, finely chopped
- 2 small red bird's eye chillies, deseeded and thinly sliced
- 2 tbs sweet soy sauce or kecap manis
- Steamed jasmine rice, to serve

STEP 1 Heat 1 tbs oil in a hot wok over high heat. Add pork and stir-fry for 2-3 minutes until just cooked through. Transfer to a plate.

STEP 2 Add remaining 1 tbs oil to wok. Add bok choy stems and coriander stems. Stir-fry for 2 minutes until just softening. Add ginger, garlic and chillies. Stir-fry for 1 minute. Add pork and soy sauce. Stir-fry for 1 minute. Toss through bok choy and coriander leaves. Serve with steamed jasmine rice.

Good for you... *BOK CHOY*

A source of iron and calcium. Iron is needed for making red blood cells which then carry oxygen to all body tissues and calcium is important for bone health.

