

Bok choy, bean sprouts & pork stir-fry



Bok choy, bean sprouts & pork stir-fry

Preparation: about 15 minutes
Cooking: about 10 minutes
Serves: 4

450g pkt brown rice in 2½ minutes
¼ cup peanut oil
500 g pork fillet, trimmed and sliced
1 onion, cut into thin wedges
2 garlic cloves, finely chopped
1 large bunch baby bok choy*, trimmed and leaves separated
½ cup Kikkoman Sweet Chilli, Ginger & Soy Marinade & Sauce
1½ cups bean sprouts, trimmed

**Bok choy is sometimes sold as Pak Choy.*

1. Cook rice following packet directions.
2. Meanwhile, heat 1 tbs oil in a wok over high heat. Add half the pork and stir-fry for 2–3 minutes until browned. Transfer to a plate. Repeat using 1 tbs oil and pork.
3. Meanwhile, add remaining 1 tbs oil to wok over high heat. Add onion and garlic and stir-fry for 2–3 minutes. Add pork, bok choy and sauce. Stir-fry for 1 minute. Toss through bean sprouts. Serve with brown rice.



Bok choy

- Like many Asian greens, bok choy is an excellent source of vitamin C, one of the vitamins that helps keep blood vessels healthy.
- A source of iron. Iron is needed for making red blood cells which then carry oxygen to all body tissues.
- The darker leaves of bok choy provide beta carotene, which the body converts to vitamin A. This vitamin helps the body defend itself against infection and is also important for vision in dim light.
- A good source of vitamin B6. This vitamin is essential as the body uses protein.