

Chilli, asparagus, snow pea & pork stir-fry



Chilli, asparagus, snow pea & pork stir-fry

Preparation: about 15 minutes
Cooking: about 12 minutes
Serves: 4

2½ tbs peanut oil
350g pork fillet, thinly sliced
4 green onions (shallots), thinly sliced
2 bunches asparagus, trimmed and halved
2 garlic cloves, crushed
150g snow peas, trimmed
¼ cup chicken stock
¼ cup oyster sauce
1 tsp sesame oil
2 small red chillies, deseeded and thinly sliced
½ cup roasted peanuts, chopped
Steamed jasmine, to serve

1. Heat 1 tbs oil in a wok over high heat. Add half the pork and stir-fry for 2-3 minutes until almost cooked through. Using a slotted spoon, transfer to a plate. Repeat using 2 tsp of oil and remaining pork.
2. Add remaining 1 tbs oil to wok. Add green onions and stir-fry for 1 minute. Add asparagus and garlic and stir-fry for 2 minutes. Add snow peas and stock, cover and cook for 1 minute. Add pork, oyster sauce, sesame oil and chillies. Stir-fry for 1 minute. Toss through peanuts and serve with steamed rice.



Asparagus

- One of the best sources of natural folate.
- A source of vitamin C which functions in the body as an antioxidant, helping to prevent damage to body tissues. Also supplies several of the B vitamins and some vitamin E (another antioxidant vitamin).
- Asparagus supplies dietary fibre, vital to prevent constipation.

For fresh fruit and vegetable recipes visit
www.sydneymarkets.com.au

SYDNEY MARKETS

SYDNEY MARKETS

Neither whole nor part of this leaflet may be reproduced without written permission from Sydney Markets Limited. SPR10