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## Ginger Pork Stir-Fry with Snow Peas & Jasmine Rice

Ah, ginger and pork. The two go together like Ginger Rogers and Fred Astaire. Dancing across your taste buds tonight, this lip smacking concoction in tasty oyster sauce served on a bed of pillowy Jasmine rice won't fail to have you swinging.



**Prep:** 10 mins

**Cook:** 15 mins

**Total:** 25 mins



level 1



high protein



lactose free

### Pantry Items



Water



Salt-Reduced Soy Sauce



Sugar



Pork Strips



Ginger



Long Red Chilli



Garlic



Jasmine Rice



Oyster Sauce



Snow Peas





Carrot

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2P	4P	Ingredients
1 packet	2 packets	pork strips
1 knob	2 knobs	ginger, peeled & finely grated
1	2	long red chilli, deseeded & sliced
1 clove	2 cloves	garlic, peeled & crushed 
1 packet	2 packets	Jasmine rice, rinsed well
3 cups	6 cups	water *
1 tub	2 tubs	oyster sauce
1 tbs	2 tbs	salt-reduced soy sauce *
2 tsp	1 tbs	sugar *
1 packet	2 packets	snow peas, trimmed
1	2	carrot, peeled & cut into match sticks

 Ingredient features in another recipe

\* Pantry Items

 Pre-preparation

#### Nutrition per serve

Energy	2240	Kj
Protein	44.6	g
Fat, total	3.4	g
-saturated	0.9	g
Carbohydrate	78.1	g
-sugars	15.6	g
Sodium	1550	mg



**You will need:** *chef's knife, chopping board, fine grater, vegetable peeler, sieve, bowl, medium saucepan, large wok or frying pan, wooden spoon and plate.*

**1** Place the **pork strips** into a bowl and add in the **ginger, long red chilli, garlic** and a dash of vegetable oil. Marinate for **10 minutes**.

**2** Place the **Jasmine rice** and **water** in a medium saucepan and bring to the boil. Cook for **10-12 minutes**, or until the rice is soft. Drain.

**3** Heat a large wok or frying pan over a high heat. Add the marinated pork strips and cook for 2 minutes. Remove the pork from the pan and set aside on a plate. No need to clean the pan, just add in the **oyster sauce, salt-reduced soy sauce, sugar, snow peas, carrot** and a splash of water and cook for **1-2 minutes**, or until the veggies are slightly soft. Return the pork to the pan and cook until heated through.

**4** To serve, divide the rice between bowls and top with the saucy ginger pork stir-fry.



**Did you know?** Ginger was first introduced to Europe in approximately 800 A.D. and was ranked second to pepper as a spice for centuries.