

Gingered Pork with Stir fried Vegetables

Pork

- Pork shoulder 0.200 kg
- Ginger 0.010 kg
- Coriander 0.010 kg
- Rice vinegar 0.010 kg
- Vegetable oil 0.010 kg

Vegetables

- Fresh baby corn 0.060 kg
- Sundried tomatoes 0.050 kg
- Snow peas 0.060 kg
- Long chili 0.005 kg
- Bean sprouts 0.050 kg
- Coriander leaves 0.010 kg
- Garlic 0.010 kg
- Soy sauce 0.010 kg



Preparation Method

Pre-Preparation

- cut the pork shoulder in steaks
- peel and grate the ginger and mix it with rice vinegar and chopped coriander
- place the pork in the marinade and let it chill for 1 hour
- wash and pluck coriander leaves
- deseed the chili and slice it
- cut the baby corn and the snow peas in half
- slice the sundried tomatoes
- wash the sprouts

Preparation

- blanch the snow peas and baby corns in boiling water
- in a frying pan (or wok) heat the vegetable oil and roast the pork steak for 5 minutes turn it around and let it cook for another 5 minutes, remove from pan and let rest
- in the same pan heat more oil and stir fry the sweet corn and snow peas with the garlic until just tender
- cut the pork in 2 cm slices and return to pan with soy sauce and marinade
- add the cooked vegetables, sprouts, sundried tomatoes and extra coriander and stir fry just to heat everything