Dinner

Pork Stir Fry with Lemongrass, Almonds and Cashews

Thin strips of pork fillet are seared until golden, then tossed back through the wok with lemongrass, cashews, whole almonds, green onions, crisp mixed vegetables and chilli, all glossed with lime juice, salt reduced soy sauce and brown sugar. Pile the finished stir fry over soft cooked rice noodles and serve at once.



Dairy free

25 min	967	180.4 g	3.6 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 2 teaspoons canola oil
- [ ] 350 g pork fillet, thinly sliced
- [ ] 1 stalk lemongrass, white part only, thinly sliced
- [ ] 2 tablespoons cashews
- [ ] 2 tablespoons whole almonds
- [ ] 2 green onions, cut into 3cm lengths
- [ ] 4 cups sliced mixed vegetables eg. carrots, bok choy, snow peas, capsicum
- [ ] 1 long red chilli, thinly sliced
- [ ] 1 tablespoon lime juice
- [ ] 1 tablespoon salt reduced soy sauce (gluten free if needed)
- [ ] 2 teaspoons brown sugar
- [ ] 4 cups rice noodles cooked, to serve

Method

- [ ] 1 Warm the canola oil in a wok or a large non stick frying pan.
- [ ] 2 Cook the thinly sliced pork fillet in batches, tossing until browned all over, then lift it out of the pan and keep it to one side somewhere warm.
- [ ] 3 Tip the lemongrass, cashews, whole almonds, green onions, sliced mixed vegetables such as carrots, bok choy, snow peas and capsicum, and the long red chilli into the pan. Cook for 3-4 minutes, until the lemongrass has gone soft.
- [ ] 4 Slide the pork back into the wok and pour in a mixture of the lime juice, salt reduced soy sauce and brown sugar.
- [ ] 5 Give everything 3 more minutes in the pan, then bring it straight to the table on a bed of cooked rice noodles.

Nutrition Facts

Per serving

Calories	**967**
Total fat	9.1 g
Saturated fat	Not listed
Sodium	310 mg
Total carbs	180.4 g
Fiber	12 g
Total sugars	3.6 g
Protein	29 g

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