



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

VN PORK & CELERY

Time: 30 minutes

Serves: 4

Ingredients:

1 pound pork tenderloin - sliced
1 tablespoon soy sauce
1 teaspoon sugar
3 cups mushrooms - sliced
1 small napa cabbage - sliced
4 large stalks celery – sliced
1 tablespoon fish sauce
¼ cup chicken stock
1 tablespoon cornstarch

Preparation:

Preheat a large wok on high heat and lightly coat with cooking spray. Add the pork, stirring often and cooking for two minutes.

Add the soy sauce and sugar to the pork then stir.

Add the mushrooms, cabbage and celery to the wok, stirring often for four minutes.

Mix together the fish sauce, chicken stock and cornstarch then add to the wok. Mix briefly, reduce heat to medium-low, cover and let simmer for five minutes.

Serve immediately on its own or over a bed of rice.

Nutritional Information Per Serving:

Calories: 215
Fat: 4.5g
Carbs: 17g
Fibre: 5g
Protein: 29g