

Kev's Kitchen

GINGER PORK

Time: 45 minutes

Serves: 4

Ingredients:

2 teaspoons extra-virgin coconut oil
1 pound extra lean ground pork
3 tablespoon ginger – julienned
2 cloves garlic – finely chopped or grated
1 small red onion – finely sliced
5 ounces brown shimeji mushrooms
2 carrots – diced small
2 stalks celery – diced small
4 cups bean sprouts
2 tablespoons dry sherry
2 tablespoons soy sauce
2 tablespoons oyster sauce
Sugar substitute equivalent to 2 teaspoons sugar
¼ cup cilantro leaves

Preparation:

Place a wok on high heat and add the oil.

When the oil is hot, stir-fry the pork ginger and garlic for two minutes.

Add the onion and mushrooms, continuing to stir-fry for two more minutes.

Mix in the remaining ingredients except cilantro and stir-fry for another two minutes.

Remove from heat, toss in the cilantro and serve.

Nutritional Information Per Serving:

Calories: 341
Fat: 15g
Carbs: 16g
Fibre: 4g
Protein: 36g