



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

PORK & SPROUTS

Time: 30 minutes

Serves: 4

Ingredients:

2 teaspoons extra-virgin coconut oil
1 pound ground pork
2 cloves garlic - finely chopped or grated
1 teaspoon ginger - finely chopped or grated
3 ounces enoki mushrooms
6 green onions – thinly sliced
½ cup dry white wine
½ cup chicken stock
2 tablespoons soy sauce
1 teaspoons xylitol (or other sugar substitute)
1 pound bean sprouts
2 tablespoons cilantro – finely chopped
2 heads butter lettuce

Preparation:

Place a wok on high heat. Once it's very hot, add the oil.

Add the pork, garlic and ginger to the wok, stir-frying and breaking apart the pork until it is slightly browned.

Add the mushrooms, onions, wine, stock, soy sauce and xylitol. Stir-fry for five minutes or until the liquid has reduced enough so as not to pool in the bottom of the wok.

Remove from heat, then stir in the bean sprouts and cilantro.

Serve immediately with the lettuce leaves for wrapping.

Nutritional Information Per Serving:

Calories: 379
Fat: 27g
Carbs: 9g
Fibre: 3g
Protein: 23g