



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

PORK & BROCCOLI ADOBO

Time: 30 minutes

Serves: 6

Ingredients:

100g cane vinegar
60g soy sauce
20g fish sauce
40g agave nectar
450g ground pork
1 large onion - diced
3 cloves garlic - finely chopped or grated
3 five-spice powder
2g fresh ground black pepper
700g broccoli florets
450g mushrooms - sliced

Preparation:

Place a wok on high heat.

While the wok is heating, stir together the vinegar, soy sauce, fish sauce, and agave nectar.

When the wok is very hot, stir fry the pork, breaking apart until nearly cooked through.

Add the onion, garlic, five-spice and black pepper, stir frying for two minutes.

Add the broccoli, mushrooms and vinegar mixture. Stir fry for three minutes or until it is cooked to your liking.

Serve hot.

Nutritional Information Per Serving:

Calories: 309
Fat: 16g
Carbs: 18g
Fibre: 4g
Protein: 25g