



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

PORK STIR FRY

Time: 20 minutes

Serves: 6

Ingredients:

30g avocado or other neutral-flavoured, cold-pressed oil
800g boneless pork tenderloin - cubed
8g kosher salt
1 large red bell pepper - seeded - small dice
1 yellow onion - small dice
1 poblano pepper - seeded - small dice
1 pineapple - peeled and cored - cubed
8g fresh mint - finely chopped

Preparation:

Place a wok on high heat and add the oil.

When the oil is just about to smoke, add the pork and sprinkle with the salt. Stir-fry until just cooked through (about two minutes). Remove the pork and set aside.

Add the remaining ingredients except the pineapple and mint to the wok. Stir-fry for three minutes. Return the pork to the wok along with the pineapple. Stir-fry for one minute.

Remove from heat, stir in the mint and serve immediately.

Nutritional Information Per Serving:

Calories: 306
Fat: 10g
Carbs: 26g
Fibre: 3g
Protein: 29g