

Lemon pork / Somerfield.

Contributors

Somerfield Stores Limited.

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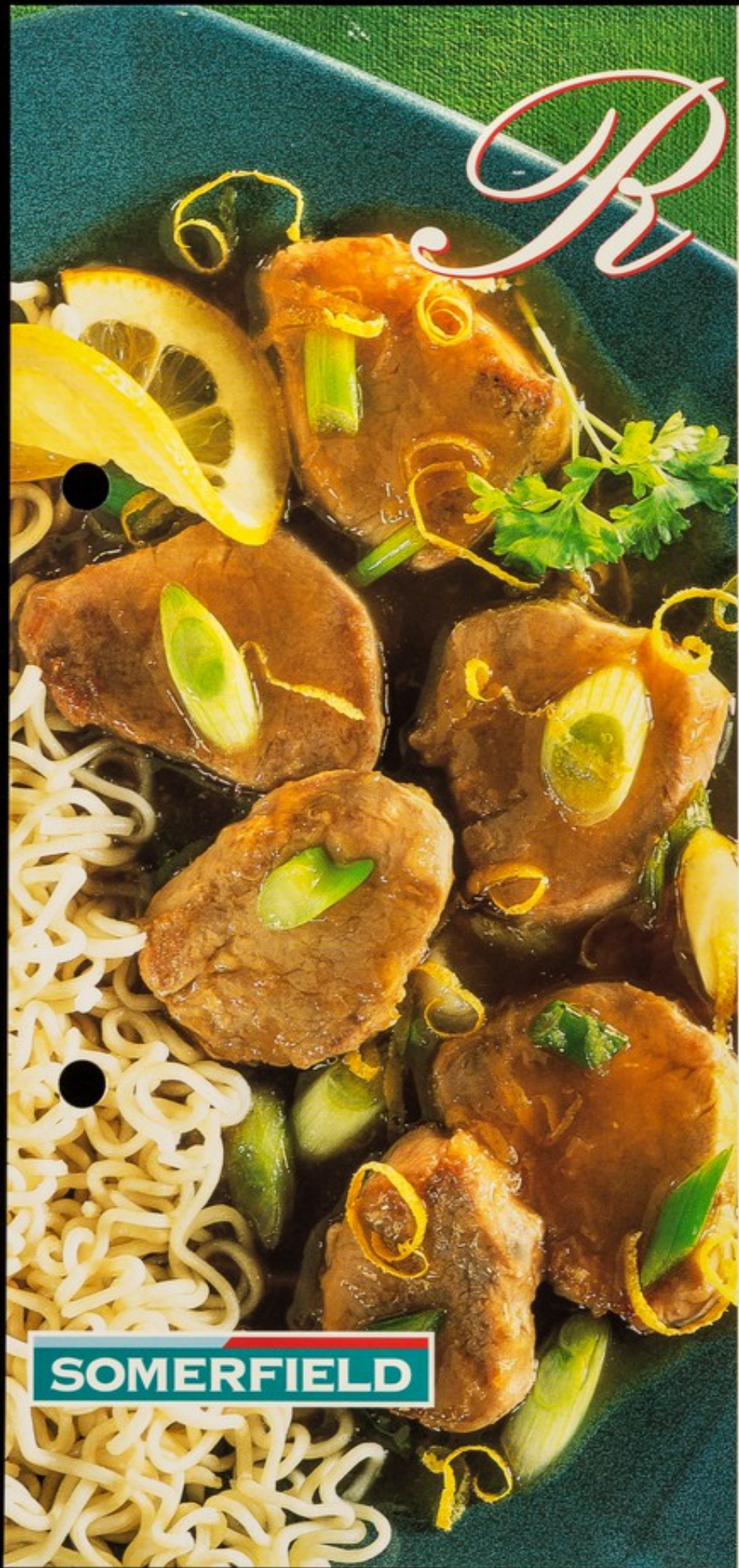
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RECIPE

*Lemon
Pork*

SOMERFIELD

BRITISH
MEAT

Lemon Pork

Serves: 2
Cooking time: Approximately 10 minutes
Calories per portion: 🍷 260 Kcal
Cost per portion: £ 1.63p

INGREDIENTS:

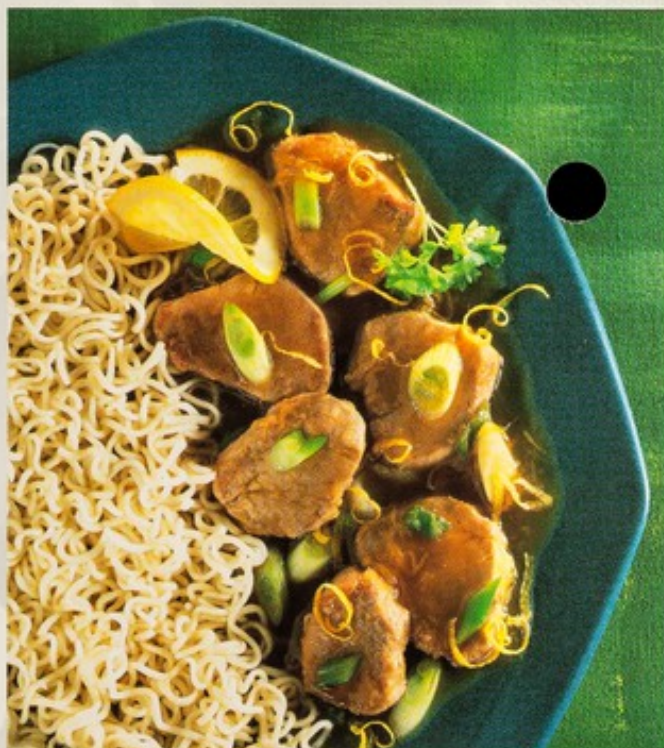
- 227g (8oz) Somerfield Healthy Selection Pork medallions
- Salt and black pepper
- 1 x 5ml (1tsp) Somerfield oil

Sauce:

- Rind of 1 lemon
- Juice of 2 small lemons
- 2cm (3/4") root ginger, peeled and grated or pinch of ground ginger
- 2 x 15ml sp (2tbsp) sherry
- 1 x 15ml sp (1tbsp) light soy sauce
- 1 x 15ml sp (1tbsp) Somerfield clear honey
- 1 x 5ml sp (1tsp) cornflour
- 1 bunch spring onions, chopped

METHOD:

1. Lightly brush the base of a frying pan with oil.
2. Heat then season the pork and brown on both sides.
4. Combine all sauce ingredients together.
5. Reduce heat and pour over pork stirring continuously.
6. Add spring onions.
7. Simmer uncovered for 5 minutes stirring occasionally.
8. Serve with rice or noodles and salad.



BRITISH
MEAT