

## **Cantonese stirfried pork / Somerfield.**

### **Contributors**

Somerfield Stores Limited.

### **Publication/Creation**

[Bristol] : Somerfield, [1996]

### **Persistent URL**

<https://wellcomecollection.org/works/rfnf2k7>

### **License and attribution**

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).



Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
<https://wellcomecollection.org>



*R*

RECIPES

*Cantonese  
Stirfried  
Pork*



SOMERFIELD

BRITISH

MEAT



## Cantonese Stirfried Pork

**Serves:** 2  
**Cooking time:** Approximately 10 minutes,  
plus marinating time  
**Calories per  
portion:**  291 Kcal  
**Cost per  
portion:**  1.66p

### INGREDIENTS:

- 227g (8oz) Somerfield Healthy Selection Pork medallions

### Marinade:

- 1 clove garlic, crushed
- 3 x 15ml sp (3tbsp) Hoi-sin sauce
- 2 x 15ml sp (2tbsp) dark soy sauce
- 1 x 15ml sp (1tbsp) sherry
- 1 x 15ml sp (1tbsp) Somerfield clear honey
- 1 x 2.5ml sp (1/2tsp) sesame oil
- 2 x 5ml sp (2tsp) Somerfield oil
- 1 bunch spring onions, sliced
- 100g (4oz) cucumber, cut into thin strips

### METHOD:

1. In a bowl, mix together the marinade ingredients.
2. Add pork slices and stir to ensure evenly coated.
3. Cover and leave to marinate in a refrigerator for 10 minutes.
4. Heat oil in a wok or large frying pan.
5. Drain pork, reserving the marinade and stirfry until browned.
6. Add reserved marinade and simmer for 2-3 minutes.
7. Stir in spring onions and cucumber and heat through.
8. Serve immediately with rice or noodles and stirfried vegetables or in steamed Chinese pancakes.



**BRITISH  
MEAT**