# **Cantonese stirfried pork / Somerfield.**

## **Contributors**

Somerfield Stores Limited.

# **Publication/Creation**

[Bristol]: Somerfield, [1996]

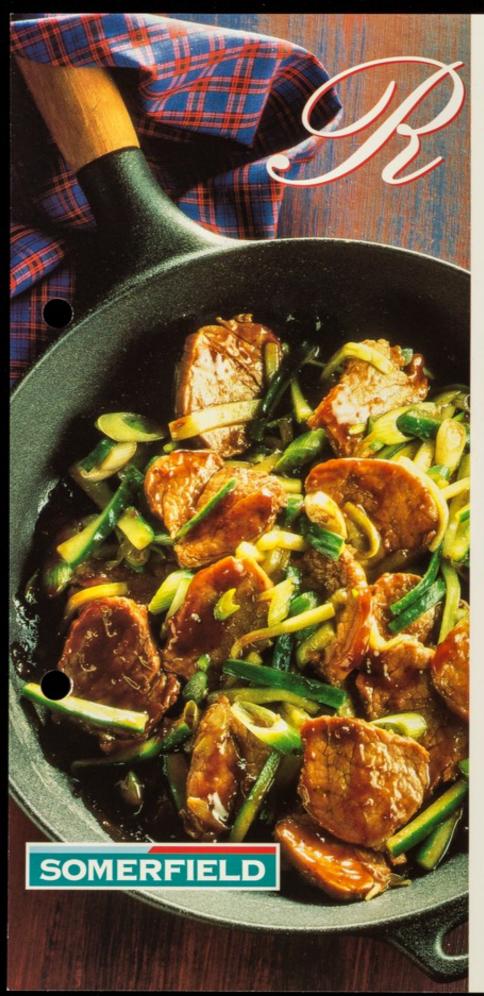
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# E C I P E

Cantonese Stirfried Pork



# Cantonese Stirfried Pork

Serves:

2

Cooking time:

Approximately 10 minutes,

plus marinating time

Calories per

portion:

291 Kcal

Cost per portion:

£ 1.66p

# INGREDIENTS:

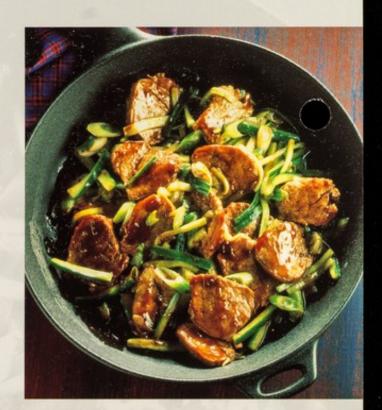
 227g (8oz) Somerfield Healthy Selection Pork medallions

### 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:

- In a bowl, mix together the marinade ingredients.
- Add pork slices and stir to ensure evenly coated.
- Cover and leave to marinate in a refrigerator for 10 minutes.
- 4. Heat oil in a wok or large frying pan.
- Drain pork, reserving the marinade and stirfry until browned.



- Add reserved marinade and simmer for 2-3 minutes.
- Stir in spring onions and cucumber and heat through.
- Serve immediately with rice or noodles and stirfried vegetables or in steamed Chinese pancakes.

