



Wasabi and Ginger Pork Stir Fry

INGREDIENTS

- ¼ cup each sesame oil, rice wine vinegar and dark soy sauce
- 1 Tbsp ea wasabi paste, pickled or minced ginger
- 500g 100% New Zealand Pork steaks, cut into stir fry strips
- 1 Tbsp canola oil
- 2 cups stir fry vegetables
- 200g soft prepared noodles such as Udon, Hokkien or Inaka Soba

METHOD

1. In a self-sealing plastic bag, mix together the sesame oil, vinegar, soy sauce, wasabi and ginger.
2. Add the strips of pork and marinate in refrigerator for 30 minutes.
3. Heat the oil in a fry pan or wok; drain the pork, reserving the marinade, and stir fry the pork 3 minutes until just cooked.
4. Add the vegetables, stir fry 2 minutes, then add the noodles and reserved marinade and stir fry until noodles heated through.

SPEEDY AND JUICY

Serves 4

Preparation Time – 5 mins plus marinating 30 minutes

Cook time – 7 mins

Hint/tips

- To make life easy I use frozen stir fry vegetables such as green beans, capsicum, edamame beans and shitake mushrooms
- Ideal pork steaks to cut into stir fry strips are pork schnitzel and pork fillet.
- Pork mince is also great to use in stir fry

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