

Szechuan Pork

Method

1. Dice the pork into 3cm pieces, removing any fat. Wash your hands after touching the raw meat.
2. Wash the spring onions, pepper, mangetout (or green beans), chilli and coriander and pat dry. Slice the mangetout into thick strips or trim and cut the beans in half.
3. Top, tail and chop the spring onions into 5cm pieces (include most of the green tops). Chop the red pepper in half, deseed and slice thinly.
4. Peel and finely chop the ginger and garlic and chop the coriander.
5. Deseed the chilli and slice finely (wash your hands afterwards).
6. Cut the lime in half and squeeze out the juice into a measuring jug.
7. Crush the peppercorns (if using) with a pestle and mortar, then tip into the measuring jug with the lime juice. Add the Chinese five spice, soy sauce, honey, water and cornflour and mix together.
8. Heat the oil in the wok on a medium heat. Add the diced pork, garlic and ginger heat gently for about 10–15 minutes until the pork is no longer pink.
9. Add the red pepper, spring onions, chilli, mangetout and cook for 2–3 minutes.
10. Pour in the Chinese five spice, peppercorns, soy sauce, honey, lime juice, water and cornflour and mix together. Bring to the boil, then turn down and cook for 5–10 minutes adding 2–3 x 15ml spoons water if the sauce is too thick.
11. To serve sprinkle with the fresh coriander.

Something to try next time

- Try adding some chopped broccoli or strips of carrot to increase the amount of vegetables.
- You could use 500g lean minced pork instead of the pork tenderloin. Dry-fry the mince before adding the ginger and garlic, breaking it up with a wooden spoon. Drain off any fat with a spoon then add the ginger and garlic and continue with the recipe.

Prepare now, eat later

- Marinade the diced pork in the Chinese five spices, lime juice, honey and soy sauce 10 minutes before you cook the meat.
- This dish is best eaten as soon as it is cooked, when the colours are vibrant and the vegetables are fresh and slightly crunchy.



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This is a classic Chinese dish and a firm favourite at any take-away restaurant. This healthier version could be served with noodles or boiled rice and would make a great dish any day of the week.

Nutritional information per portion (231g):

calories	fat	carbohydrate	protein	salt
326.9	17.7g 25%	5.4g 27%	14.2g 16%	1.1g 18%

of an adult's guideline daily amount



Wheat/gluten and soy

Equipment

Chopping board x 2
Large sharp knife x 2
Garlic press
Measuring spoons
Lemon squeezer
Measuring jug
Pestle and mortar
Non-stick wok or deep frying pan
Wooden spoon or fish slice
Pan stand

Ingredients

Serves 4

450g pork tenderloin
1 bunch spring onions
1 red pepper
200g mangetout OR fine green beans
1 red chilli OR 1 x 5ml spoon chilli powder
Small bunch coriander
2cm piece fresh ginger OR 1 x 5ml spoon ginger paste
2 cloves garlic OR 2 x 5ml spoons minced garlic OR garlic paste
1 lime
1 x 5ml spoon black peppercorns OR Szechuan peppercorns (optional)
1 x 5ml spoon Chinese five spice
2 x 15ml spoons soy sauce (light)
1 x 15ml spoon honey
4 x 15ml spoons water
1 x 15ml spoon cornflour
1 x 15ml spoon sunflower oil
Black pepper (optional)



Top Tips

- Try grating the ginger if you are having trouble chopping small pieces.
- To cut up the coriander, use some scissors as it is easier than chopping with a knife.
- Avoid using diced pork as it may need a longer cooking time and it might be tough.