



Stir Fried Pork Fillet with Broccoli & Orange

Serves 2

1 Pork fillet
1 tbsp oil
½ small head of broccoli, cut into small florets
1 sm onion, finely sliced
1 clove garlic, grated
Rind of ½ orange
4 tbsp orange juice
1 - 2 tsp chilli sauce
1 tsp grated root ginger
1 tbsp. soy sauce
2 tsp sesame oil
Pinch of sugar



Marinade

2 tbsp soy sauce
2 tsp sherry
2 tsp sesame oil
2 tsp cornflour

Rice or noodles to serve

Hints, Tips and Variations

This makes a big portion, make it smaller by using 1/3 pork fillet per person instead of 1/2.

Try different vegetables in this dish, eg baby corn, sugar snap peas, mushrooms, carrots etc.

Spice it up with either fresh chilli or extra sauce.

1. Cut the pork into strips about the same thickness as a pencil.
2. Mix the marinade together and stir through the pork. Set aside
3. Prepare all the vegetables and have ready. Have the rice or noodles ready.
4. Heat 1 tbsp oil in a wide bottomed pan or wok until just smoking.
5. Fry the pork until browned, then add the onion and broccoli. Stir fry for a few moments, then add the ginger and garlic, followed by the soy, sherry, chilli sauce and orange rind.
6. Fry for a few seconds more before serving