



Pork and Mushroom Stir fry

Serves: 2

- 225g lean pork steak, cut into strips
 - 50g mixed mushrooms, sliced
 - 1tsp oil
 - 4tbsp dry sherry
 - 2tbsp dark soy sauce
 - 1tsp clear honey
 - 1tsp tomato puree
 - 1.25cm root ginger, peeled and grated
 - ½ tsp cornflour
1. In a bowl, mix together marinade ingredients except cornflour.
 2. Add pork, cover and leave for 15 minutes.
 3. Meanwhile prepare vegetables of your choice, e.g. Carrot sticks, green beans, bean sprouts, peppers, etc.
 4. Drain pork and blend cornflour in marinade.
 5. Heat oil in wok and stir fry pork for 3-4 minutes until browned.
 6. Add mushrooms and additional vegetables and cook for 2-3 minutes.
 7. Add marinade and bring to the boil to thicken.
 8. Serve immediately with rice or egg noodles.