

# Szechuan Pork

#### This is a classic Chinese dish and a firm favourite at any take-away restaurant.

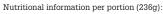
This healthier version could be served with noodles or boiled rice and would make a great dish any day of the week.







Soya, sulphites and wheat (gluten)\*





of an adult's reference intake. Typical values per 100g: energy 584kJ/139kcal.

## 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 (10g) bunch coriander

2cm piece fresh ginger OR 1 x 5ml spoon ginger paste

2 cloves garlic OR 2 x 5ml spoons garlic paste

1 lime (juice only)

1 x 5ml spoon black peppercorns OR Szechuan peppercorns (optional)

 $1 \ x \ 5ml$  spoon Chinese five spice

2 x 15ml spoons soy sauce (light)

- $1 \ge 15$ ml spoon honey
- $4 \ge 15$ ml spoons water
- $1 \ge 15$ ml spoon cornflour
- $1 \; x \; 15 ml$  spoon sunflower oil
- Black pepper (optional)

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



### 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.



The Association of UK Dietitians

Copyright © The British Dietetic Association BDA295

www.bda.uk.com



## **Szechuan Pork**

## Method

- 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.
- Heat the oil in the wok on a medium heat. Add the diced pork, garlic and ginger, then cook 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.
- Pour in the Chinese five spice mixture and stir together. Bring to the boil, then turn down and cook for 5–10 minutes adding a little more 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, breaking it up with a wooden spoon until it changes colour from pink to light brown. Drain off any fat with a spoon, then add the ginger and garlic and continue with the recipe.

### Prepare now, eat later

• This dish is best eaten as soon as it is cooked, when the colours are vibrant and the vegetables are fresh and slightly crunchy.



The Association of UK Dietitians

#### www.bda.uk.com

Copyright © The British Dietetic Association BDA295