

GF Friendly

Sweet Pork Strips with Scrambled Omelette

an easy one-pan Chinese-style meal

I won't bang on about this because the ingredients and method should speak for themselves. As encouragement for adventurous cooks, I made it up as I went along and the result was great!

Pork

- 300g Pork strips
- ½ onion coarsely chopped
- 2 button mushrooms, peeled and sliced
- 1 Tbsp Hoisin sauce
- 1 Tbsp medium sherry
- 1 Tbsp extra virgin olive oil + extra for frying
- ½ tsp sesame oil
- 1 tsp raw sugar
- 1 tsp minced garlic or a crushed clove



Omelette

- 3 eggs 1 Tbsp skim or low fat milk 1 Tbsp extra virgin olive oil 1 knob of butter
- 2 cups shredded cabbage ¼ tsp Chinese 5 spices (optional)

In a bowl, mix the olive oil, sesame oil, garlic and sugar. Add the pork strips and toss well to coat, then set aside for 30 minutes. While this is marinating, prepare the vegetables. Lightly beat the eggs together with the milk and Chinese 5 spices if using and keep handy.

Warm a little olive oil in a wok or deep frypan, then fry the onions and mushrooms for one minute over medium heat. Transfer the pork strips with any marinade into this and stir-fry for 4 minutes. Put in the Hoisin sauce and sherry, and continue stir-frying for 3 minutes. The sauce needs to be gravy-consistency, so add a little water if it starts drying out. Spoon onto plates and consign to the oven to keep warm.

Wipe the frypan with paper towel, melt the butter in the oil and, once sizzling, pile in the cabbage and stir-fry on medium until softening (about 2-3 minutes). Pour on the beaten egg and stir quickly. While about to set but still soft, divide into 2 and pile up slightly. Transfer to the plates with the pork and serve with rice.

Serves 2

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