

Sweet & Sour Pork Stir-Fry

Serves 4

- 7/8 cup (200g) basmati rice
- 10 oz. (300g) pork loin
- 2 garlic cloves
- 4 spring onions
- 1 tbsp. coconut oil
- 3 tbsp. ginger syrup
- 1 lime, juiced
- 1 1/3 cup (200g) sugar snap peas
- 1 1/4 cup (250g) cherry tomatoes
- 1 1/4 cup (250g) pineapple, canned or fresh

What you need to do

1. Cook the rice according to instructions on the packaging.
2. In the meantime, cut the pork into slices. Finely chop the garlic and slice the spring onions diagonally.
3. Heat the oil in a wok on high heat, add the pork tenderloin, garlic, ginger syrup, lime juice and season with salt. Stir fry for 2 minutes, then lower the heat and add in the sugar snap peas. Stir fry for another 4 minutes on low heat.
4. Next, add in tomatoes and pineapple and stir fry for another 4 minutes, then take off the heat. Toss in the spring onions and mix.
5. Once rice is cooked, divide everything onto 4 plates and serve.

Note: This dish is also very tasty with chicken breast or chicken thighs.

GF	DF	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	446	16	52	22

*Nutrition per serving

