

Pork, Apple and Ginger Stir-fry



Cooking time: 15 mins

Serves: 4

how to cook

- 1 Heat oil, add pork and cook on a high heat to colour for 6-8 minutes.
- 2 Add garlic, ginger, chilli, apple, carrot and broccoli and cook stirring constantly for 4 minutes.
- 3 Cook noodles according to packet instructions and add to the pork stir-fry.
- 4 Use two spoons to mix the ingredients together, add the lime juice and serve.

what you need

- 300g John Penny pork fillet or loin steaks cut into thin strips
- ½tbsp vegetable oil
- 1 clove garlic, crushed, peeled and chopped
- 5cm ginger, peeled and cut into matchsticks
- 1 green chilli, chopped
- 2 small apples, cut into wedges and cored
- 2 carrots, cut into sticks
- 150g broccoli, cut into small florets
- 300g noodles
- 1 lime juiced

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