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## Tender Stir-Fried Pork with Black Bean Sauce and Cashew Nuts

Certain dishes can't help but inspire nostalgia. Black bean sauce was one of the gateway dishes into our childhood obsession with Chinese food. Tonight, we've teamed it up with a beautifully cut piece of pork loin from our butcher extraordinaire Nick 'The Knife'. We've thrown in a little restaurant trick too, by adding cornflour to make your meat melt-in-the-mouth tender!

35 mins

1.5 of your 5 a day

family box



Pork Loin  
(4)



Cornflour  
(2 tbsp)



Water (700ml)



Basmati Rice  
(350g)



Garlic Clove  
(2)



Ginger  
(2)



Green Pepper  
(2)



Carrot  
(2)



Spring onion  
(3)




Cashew Nuts  
(25g)



Black Bean Sauce  
(2 tbsp)

## 4 PEOPLE INGREDIENTS

- Pork Loin **4**
- Cornflour **2 tbsp**
- Water **700ml**
- Basmati Rice **350g**
- Garlic Clove, chopped **2**
- Ginger, chopped **2**
- Green Pepper, sliced **2**
- Carrot, chopped **2**
- Spring Onion, chopped **3**
- Cashew Nuts **25g**
- Black Bean Sauce **2 tbsp**

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Botanically speaking, cashews are actually seeds not nuts.

**Allergens:** Nut, Soya, Gluten.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	671 kcal / 2821 kJ	23 g	8 g	75 g	7 g	41 g	0 g
<b>Per 100g</b>	137 kcal / 577 kJ	5 g	2 g	15 g	1 g	8 g	0 g

1



**1** Cut the **pork loin** widthways into ½cm slices. Toss your **pork** in the **cornflour** with a pinch of **salt** and a few grinds of **black pepper**.

3



**2** Boil the **water** (amount specified in the ingredient list), in a pot with a pinch of **salt**. Once your **water** comes to the boil turn the heat to the lowest setting. Add the **rice** and place a tight lid on the pot. Leave on the lowest heat for 10 mins, then remove from the heat for 10 mins. **Tip:** *Don't peek under the lid for 20 mins or the rice won't be perfect!*

**3** Peel and grate (or use a garlic press if you have one) the **garlic**. Peel the **ginger** using the edge of a spoon and then finely chop or grate it. Remove the core from the **green pepper** and slice lengthways into ½cm slices. Peel and chop the **carrot** into ½cm sticks (thinner if your knife skills allow!). Finally, chop the **spring onion** widthways into really thin discs then separate the **white** and **green** parts.

5



**4** Put a large frying pan on medium-high heat and add the **cashew nuts** (without any oil). Dry-fry your nuts until they have turned brown and then remove them from the pan. **Tip:** *Watch your nuts like a Wimbledon line judge, as the moment your back is turned they'll burn!*

**5** Once your **nuts** are removed, add a splash of **oil** to the pan and turn the heat to high. Once it's really hot, carefully lay your **pork** in the pan for 3-4 mins, turning once after 2 mins. **Tip:** *Cook the pork in two batches if you're pan is too small, as overcrowding the pan will stew your pork rather than brown it.* Once your pork is cooked through, remove it from the pan. **Tip:** *The pork is cooked when it is no longer pink in the middle.*

6



**6** Add another splash of **oil** to the same pan together with your **pepper** and **carrot**. Cook for 4 mins before adding your **garlic**, **ginger** and the **whites** of your **spring onion**. Cook for 30 seconds and then put your **pork** back in the pan.

**7** Mix the **black bean sauce** together with 1 tbsp of **water** per person, then add this to the pan. Heat through, then toss everything together for 1 minute, before serving it with your **rice**, a sprinkle of **nuts** and the **greens** of your **spring onion**.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!