

How to prepare Perfect Pork Stir-Fry

Follow these easy steps-
now anyone can cook!

**SOUTH
AFRICAN
PORK**

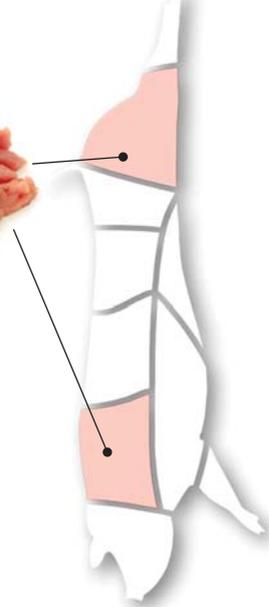
Great meat. Let's eat!

mmm...mzansi!

Pork stir-fry is the ultimate choice to save money and for people watching their weight, who want a tasty, satisfying meal.

Why SA Pork is good for you:

SA Pork is a rich source of complete protein - the most important building block of muscles and tissues. It helps our bodies to maintain and repair healthy tissue. Protein also curbs hunger pangs, as it has a low GI which prevents a sudden rise and fall of blood sugar levels.



To make the perfect pork stir-fry you just need a handful of pork strips for every person (approx 80g - 100g pork strips per person).



Add a few types of chopped and sliced vegetables. Use carrot, onion, baby marrow, red or green peppers and cabbage (or your favourites). Also have some cooked pasta noodles or cooked rice available.

Heat some fresh oil in a pan and get it nice and warm, but not smoking hot.





Add your pork strips and gently stir-fry them until they start to look cooked.

Add your chopped vegetables in handfuls, starting with the hard veggies like carrots first.



One by one, add the onion, baby marrow, red pepper, cabbage and pasta, stirring until the veggies are cooked (but still crisp). Add the noodles and keep on mixing and stirring.



Add a bit more oil if needed, and pour 1 - 3 tablespoons of hot water into the pan to create steam.



Season well with soy sauce and/or sweet chilli sauce or whatever is your favourite Oriental sauce.



Stir well to mix and have a taste before you serve it hot. (Great with fresh bread rolls.)



Pork stir-fry. Real good value for money.



This Perfect Pork Stir-Fry video can be downloaded from our website at www.TastyHealthyModernMeat.co.za

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