

Adam Gemili's Pork stir-fry (serves 2)

Thanks to one of our customers, Stevie Krayer for this recipe adapted from a recipe by sportsman, British Sprinter Adam Gemili.

This one is a light and healthy summer dish, - and you can adapt it further to suit your taste. The prep takes a while (as usual with stir-fries) but cooking is very quick, so have everything ready before you start cooking.

Ingredients

1 pork fillet, sliced into slivers
1 tbsp sesame oil
1 tbsp ginger, cut into fine matchsticks.
1 red chili, chopped (optional)
2 cloves garlic, sliced
4 tbsps almond flakes (or other nuts if preferred)
Mixture of veg, thinly sliced - I like red pepper, young courgettes, carrots and mushrooms, and you can also add a handful of fresh bean sprouts
3 or 4 spring onions, sliced
juice and zest of 1 lime
4 tbsps soy sauce
1 tbsp fish sauce
1 tbsp dry sherry or rice wine (optional)
1 bunch fresh coriander, roughly chopped

Method

Heat a large wok over fairly high heat and add sesame oil. As it starts to smoke, add the pork and turn it frequently until it colours, a few minutes only.

Next add garlic, ginger and chili and cook for a further minute. Add the nuts and veg, cook for a further minute before adding the spring onions.

Cook for another minute. Keep everything moving constantly. Now add the liquids and toss to mix. Allow to reduce slightly, then mix in the coriander and serve at once, with extra soy sauce on the side if needed.