



Speedy stir-fry

Serves 4

You can use any combination of vegetables. I sometimes buy a packet of pre-cut stir-fry veggies to save time. A few carrots here and there will not push the carb count up too significantly, so it's a great solution for a quick dinner.

INGREDIENTS

1 red onion
1 small cabbage
2 small leeks
1 large zucchini
30 ml olive oil
500 g pork neck steaks, thinly sliced
Salt to taste
2 garlic cloves, finely chopped
2 red chillies, finely chopped
8 cm fresh ginger root, finely chopped
30 ml sesame seeds, plus extra for serving
60 ml freshly squeezed orange juice
30 ml soy sauce
5 ml erythritol
A small handful of fresh coriander
4 scallions/spring onions, thinly sliced

METHOD

- 1** Shred the vegetables with the shredding attachment of a food processor or slice thinly using a mandoline. Set aside until needed.
- 2** Heat the oil in a large pan or wok over medium heat.
- 3** Lightly season the pork with salt and fry for 3–4 minutes until golden. Remove from the pan using a slotted spoon.
- 4** Add the garlic, chillies and ginger to the same pan and cook for 1 minute.
- 5** Add the chopped vegetables and sesame seeds and stir-fry for 5–7 minutes.
- 6** Combine the orange juice, soy sauce and erythritol in a small bowl.
- 7** Return the pork to the pan and add the orange sauce. Toss well and fry until just heated through.
- 8** Serve the stir-fry topped with the fresh coriander, scallions and extra sesame seeds.

SHORTCUTS:

- Buy stir-fry pork strips to save time.
- You can substitute beef or chicken for the pork.