



quality pork cuts
from Cookstown



lovingly
prepared by
our chefs



for recipes you
can enjoy and
try at home!



pork stir fry

with mushrooms, spring onion
and egg noodles

let's cook...

1. Place 2 tablespoons of oil into a wok on a high heat and heat until smoking hot. Season the pork with a little salt and pepper and carefully add the pork to the wok. Cook for about 2 minutes or until golden brown in colour. Remove from pan and place to one side.
2. Again place 2 tablespoons of oil into a wok on a high heat and heat until smoking hot. Add the sliced onion and mushroom and stir fry until the vegetables take on a little colour, add the spring onions and cook for a minute. Return the pork back into the wok, add the sauce and heat until piping hot.

time to dish up...

Finish with a handful of fresh coriander and serve immediately with egg noodles or fried rice.

ingredients

- 500g of Cookstown pork fillet – sliced into strips
- 300ml sweet chilli and garlic sauce
- 1 Packet 250g of chestnut mushrooms – sliced
- Bunch of spring onions chopped into 1 inch pieces
- 1 x red onion – sliced
- Salt and pepper

serving suggestion

- Fresh lime
- Chopped coriander to finish
- Egg noodles

serves 4

