



## Pork Stir Fry



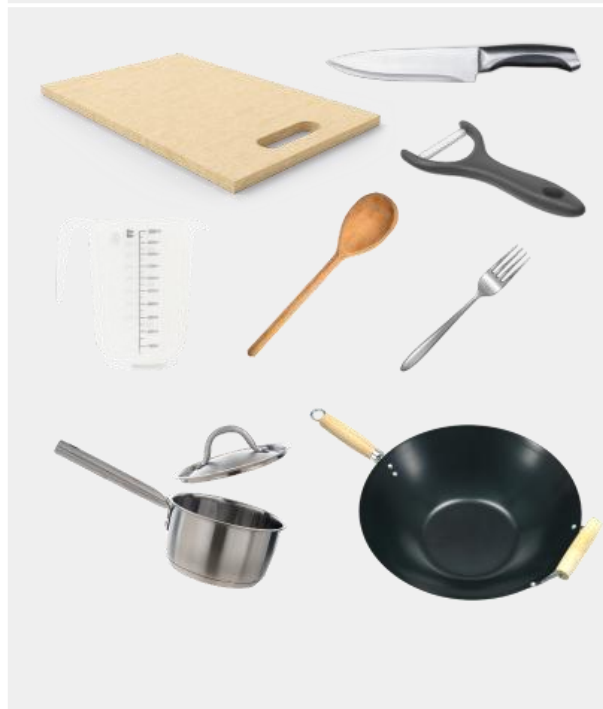
### Shopping List:

- 1 garlic clove.**
- ½ small onion.**
- ½ Green pepper.**
- ½ small carrot.**
- 60g lean diced pork.**
- 1 teaspoon olive oil.**
- 1 teaspoon light soy sauce.**
- 4 small mushrooms.**
- 40g noodles.**
- 50ml of ¼ vegetable stock cube.**

**Serves 1 person**

### Gather Utensils:

- A measuring jug.**
- A chopping knife.**
- A chopping board.**
- A pot.**
- A teaspoon.**
- A fork.**
- A wok or pan.**
- A wooden spoon.**
- A peeler**





## Pork Stir Fry



Step 1.

**Peel the carrot**



Step 2.

**Cut half a carrot into thin strips.**



Be safe when using a knife.

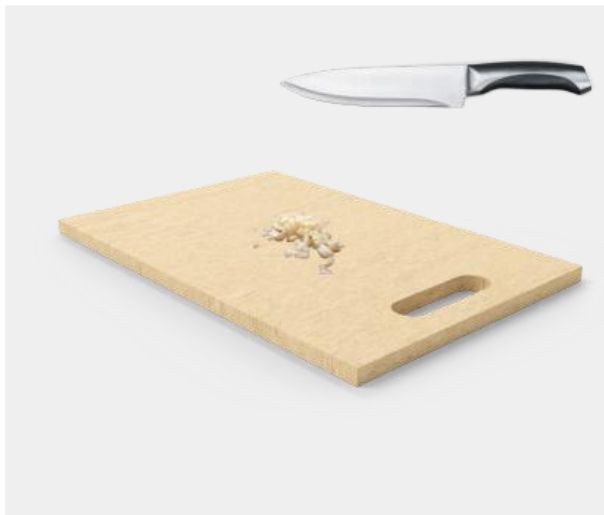


Step 3.

**Peel and chop half a small onion.**

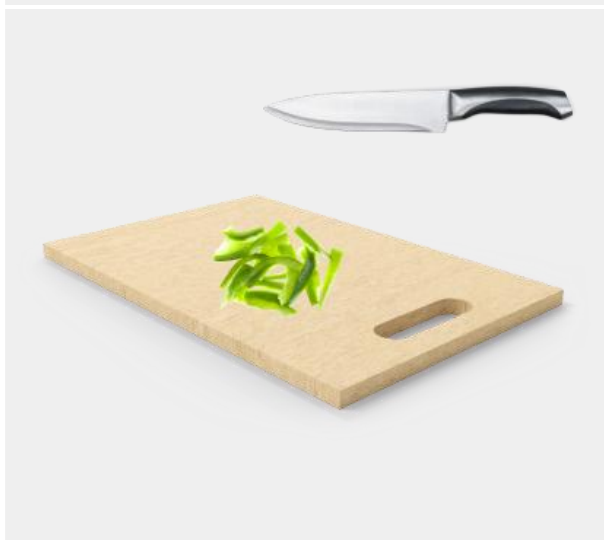


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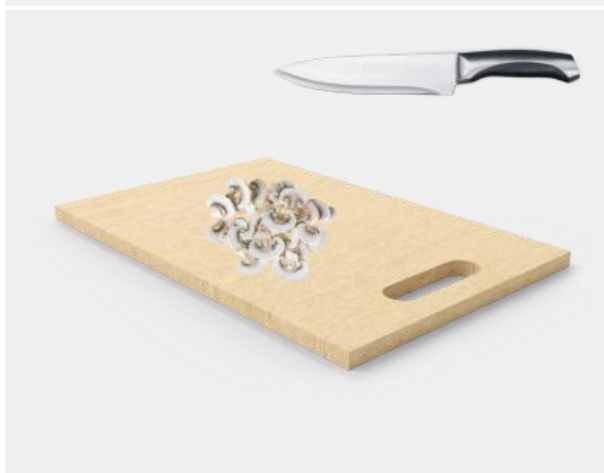
Step 4.

**Peel and chop one garlic clove.**



Step 5.

**Slice half a green pepper into strips.**



Step 6.

**Slice four small mushrooms.**



## Pork Stir fry



Step 7.

**Turn on the cooker to medium/high heat.**



Step 8.

**Place the wok on the cooker and add one teaspoon of oil.**



Step 9.

**Add diced pork, onions and garlic to wok and cook until meat is brown.**



## Pork Stir Fry

Step 10.

**Add your sliced mushrooms to wok.**



Step 11.

**Add your green peppers to wok.**



Step 12.

**Add your sliced carrots to wok and cook for 2-3 minutes.**



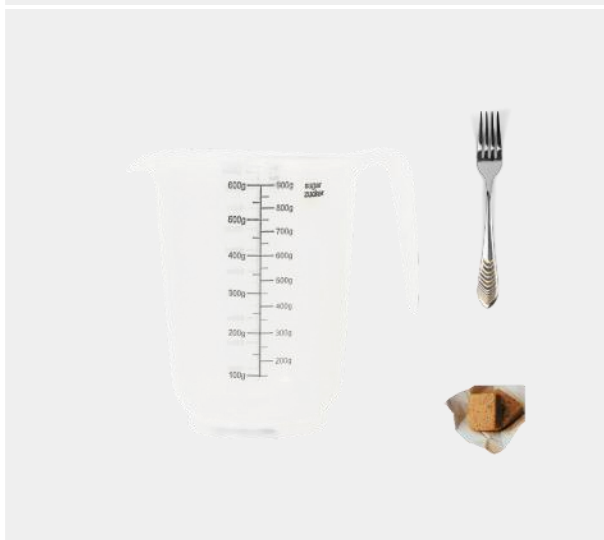


## Pork Stir Fry



Step 13.

**Meanwhile, cook your noodles in a pot of boiling water.**



Step 14.

**Add 50ml of water to measuring jug and mix with 1/4 stock cube.**



Step 15.

**Add one teaspoon of light soy sauce to wok and your measured stock.**



## Pork Stir Fry



Step 16.

**Drain your noodles.**



Step 17.

**Cook for 5 minutes then  
add your noodles and  
mix with cooker off.**



Step 18.

**Add to your plate and  
enjoy !.**