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 Serves 4-6

Pork Red Cabbage & Green Bean Stir Fry

Ingredients

Amount	Ingredient	Preparation	Substitute
1-2	Pork Fillets	Finely Sliced	Meat of your choice - or No meat.
1/4-1/2	Red Cabbage	Shredded	50% Green Cabbage
2-3 dozen	Fresh Green Beans	Topped & Tailed. Cut in half if large	Frozen Beans
1 Cup	Bean Sprouts	Washed	Can add more
1	Red Capsicum	Sliced	Optional
1	Small Red Onion	Halved and Sliced	
2 cm	Ginger	Grated	Prepared Ginger
1 Clove	Garlic	Diced	Prepared Garlic
1/4 Cup	Coriander	Coarsely Chopped	Flat Leaf Parsley
4 tblspn	Oil	For Frying	

Dressing and Marinade

1 tblspn	Brown Sugar		
100 ml	Warm Water	Dissolve Sugar	
1-2 tblspn	Black Vinegar		
1-2 tblspn	White Vinegar		
2 tblspn	Rice Wine		White Wine/Sake
1 tblspn	Dry Sherry		
1/2-1 tspn	Fish Sauce		
1 tblspn	Dark Soy Sauce		
1 tblspn	Light Soy Sauce		
4 tblspn	Olive Oil		
1 Dash	Sesame Oil		Optional
1	Lemon	Zested and Juiced	
1	Lime	1/2 zested all juiced	
1-1/2	Large Red Chilli	Seeded and Finely Sliced	(Optional)
To taste	Black Pepper		





Method

1. Prepare Wok
2. Prepare Dressing/Marinate in a 2 cup jug or a jar. Whisk to combine add chilli and black pepper to your taste
3. Place sliced pork in a bowl with a small amount of the dressing/marinate toss with marinate and leave stand for at least 1/2 to 1 hour.
4. Prepare the vegetables as directed placing all in separate bowls.
5. To cook, heat the wok until it is hot. Add the oil and fry the garlic and ginger for about 30 seconds, then add the onion and stir fry for 1 minute, then add the pork and stir fry tossing constantly until all meat changes colour about 2-3 minutes. Then add vegetables in the following order:_
 - ⊕ Beans - toss 2-3 minutes
 - ⊕ Cabbage and Red Capsicum toss 1-2 minutes or until cabbage is starting to wilt
 - ⊕ Bean Sprouts - toss to combine then switch off wok
6. With Wok off - Toss in remainder of dressing/marinade, combine well; then toss in Coriander or Parsley.
7. To serve garnish however you want. Ensure all get a little of the warm dressing, it's yummy.

Tips

I never measure the dressing and sometimes also add Miram and Sake. To write this recipe I did measure and the result was good enough to be written down.

We like our beans crunchy-you can par boil them before stir frying if you want them soft.

I serve this as a hot salad dish just on its own (our preference) or with crusty bread. I have on occasion, sprinkled the dish with toasted sesame seeds to serve. I imagine it would go well with steamed rice or rice that has been boiled with chicken stock.

History of Recipe

I read a recipe that looked a bit like this in a *Woman's Weekly* or *Woman's Day* while waiting in the doctor's surgery. It sounded fresh and healthy so a few weeks later when I had red cabbage to use up, I tried to remember what I had read to cook it. This is the result.

