

Pork Stir-Fry

Influenced by traditional Thai cuisine, this simple recipe combines beautiful flavours with fresh, nutritious vegetables to create a colourful lunch that everyone can enjoy. This dish can easily be adapted to incorporate available ingredients and personal taste.



Serves 10 children



35 minutes

INGREDIENTS

Pork Fillets, sliced into strips 500g

Basmati Rice, dry 200g (1 C)

Spring onions 30g (2 medium)

Eggs 80g (2 medium)

Peas and corn, frozen 150g (1 C)

Mushroom, fresh, uncooked 150g (2 C)

Sesame oil 5g (1 tsp)

Soy sauce, reduced salt 8g (1.5 tsp)

Capsicums, red, green or yellow 190g
(2 whole)

Onion, brown, raw 90g (1 medium)

Chilli, fresh 10g (1 medium)

Chickpeas, canned, drained 440g (1
can)

Coriander, fresh 80g (1/2 bunch)

Ginger, fresh 6g (2 tsp)

DIRECTIONS

1. Prepare rice as per packet instructions.
2. Chop vegetables into bite size pieces. Finely dice chilli and ginger.
3. Heat sesame oil in the fry pan, add pork fillets, ginger, and chilli and cook until browned. Remove from fry pan and set aside.
4. Whisk the egg in a bowl. Pour egg mixture into hot fry pan and cook like an omelette.
5. Use spatula to slice cooked egg into pieces and set aside with pork.
6. Place the chopped vegetables, peas, corn and chickpeas in the fry pan and cook for 10 minutes.
7. Add cooked rice in fry pan along with the pork and eggs.
8. Pour soy sauce over the ingredients and mix. Cook for 3 minutes.
9. Top with fresh coriander and serve.

Allergy Information

Contains: egg

Childcare RDI Calculator:

Fat		0 %
Vegetables	<div></div>	90 %
Meat/Alt*	<div></div>	140 %
Cereals	<div></div>	60 %
Dairy		0 %
Fruit		0 %

* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

This recipe is sourced from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services