

THAI STYLE PORK

Feeds: 2
Cooking time: About 10 mins

Take

Lean Pork loin steaks or fillet
Oil
Courgette
Broad beans
Spring onions
Sugar snap peas
Reduced-fat coconut milk
Green Thai curry paste
Fresh coriander
Fresh basil
Cucumber
Pak choi
Beansprouts



Make

In a large non-stick wok or saucepan, fry **225g (8oz) lean pork loin steaks or fillet**, cut into thin strips or slices, in **5ml (1tsp) oil** until browned. Add **1 courgette**, sliced, **50g (2oz) broad beans**, peeled, **4 spring onions**, sliced thinly, **50g (2oz) sugar snap peas**, sliced and cook for 2-3 minutes.

Meanwhile add **150ml (1/4pt) reduced-fat coconut milk**, **15ml (1tbsp) green Thai curry paste**, and heat until thickened. Add **30ml (2tbsp) fresh coriander**, chopped and **30ml (2tbsp) fresh basil**, roughly chopped, **5cm (2") cucumber**, cut into thin sticks, **1 head pak choi**, roughly sliced and **50g (2oz) beansprouts**. Thoroughly toss together and serve.

Eat

Serve rolled into Chinese pancakes with rice or egg noodles, additional stir-fried vegetables and pre-bought prawn toasts.