



## Pork Stir Fry

**Servings:** 4

**Prep Time:** 15min

**Cook Time:** 15min

### Ingredients

- 5ml olive oil
- 1 medium onion, sliced into thin half-rings
- 5ml fresh garlic and ginger mix
- 500g pork stir-fry strips
- 250g sliced button mushrooms
- 30ml honey
- 30ml lemon juice
- salt and freshly ground black pepper to taste

### ACCOMPANIMENTS

- 50g pack rocket
- 1 large avocado, peeled and sliced or cubed
- ½ small pineapple, peeled and finely cubed

### Directions

1. In a non-stick pan, coated with cooking spray, sauté the onion in the olive oil until tender.
2. Add the garlic and ginger mix, and cook briefly before adding the pork strips and stir-frying them.
3. Add in the mushrooms and cook until tender. Stir in the honey and lemon juice.
4. Check for seasoning, using salt sparingly.
5. Serve either on a bed of cooked basmati rice, or divide between and roll into warmed, 8 brown wraps, using the accompaniment ingredients inside too, or as a side-salad.