



## Pork Skewers with Stir Fried Vegetables

Serves 4 | 224 calories per serve

### INGREDIENTS:

- 640g pork fillet, diced
- 2 teaspoons Chinese five spice powder
- 3 tablespoons salt reduced soy sauce\*
- Olive oil cooking spray
- 1 red onion, cut into thin wedges
- 1 red capsicum, deseeded and cut into strips
- 100g shiitake mushrooms, halved
- 2 garlic cloves, crushed
- 2 baby bok choy, quartered lengthways
- ½ cup salt reduced chicken stock
- 100g snow peas, sliced lengthways
- Coriander or parsley leaves to serve

\*Note: use gluten free soy sauce if you are gluten intolerant.

### METHOD:

1. If using bamboo skewers they will require pre-soaking.
2. Combine the diced pork with the Chinese five spice powder and 1 tablespoon of the soy sauce and set aside for half an hour.
3. Thread the pork evenly onto 8 skewers. Preheat a grill plate to high and spray the pork with oil. Cook for 3-4 minutes on each side or until pork is cooked to your liking.
4. Meanwhile heat a wok or heavy based frying pan over medium-high heat and lightly spray with oil. Add the onion, capsicum and mushrooms and stir fry until starting to colour. Add the garlic, bok choy, stock and remaining soy sauce. Stir fry until just wilted then add the snow peas.
5. Remove from heat and serve with the pork skewers and fresh coriander leaves. You may like to serve this dish with a side of Cauliflower Rice.

### NUTRITIONAL INFORMATION

(per serve\*)

Calories:	224 cal
Kilojoules:	938kJ
Protein:	38.2g
Fat Total:	3.9g
Fat Saturated:	1.4g
Cholesterol:	152mg
Carbohydrates:	7.6g
Dietary Fibre:	2.1g
Sodium:	721mg

\*This recipe has 4 serves.