

Moo Shu Pork



Serves: 10

Profitability:

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Ingredients:

15ml rice vinegar

1 garlic clove, crushed

400g pork tenderloin, trimmed & cut into thin strips

20ml vegetable oil

100g shiitake mushrooms, sliced

200ml Sharwood's Chow Mein & Chinese Mushroom Sauce

100g mixed white & red cabbage, shredded

50g carrot, grated

1 onion, sliced

10 lettuce leaf cups

4 spring onions, finely sliced

1 little gem lettuce

Steps:

In a large bowl, add the vinegar, garlic and pork to marinate for 10 minutes

Heat half the oil in a wok over a high heat. Stir-fry the pork until browned, add the mushrooms and stir-fry until slightly golden

Add the sauce and heat through

In a separate pan, add the rest of the oil and cook the cabbage, onion and carrot until wilted

To serve, place 10 lettuce cups on a plate, add a spoon of the pork and then top with the wilted vegetable mix and sliced spring onions

TIP: Vary the dish by using Sharwood's Sweet & Sour Sauce or Sharwood's Lemon & Ginger Sauce