



# Chinese pork with celery and rice

Prep: 1 hour • Cook: 30 minutes • Serves: 2



## Ingredients

200g pork chop or pork mince  
100g celery (3 sticks)  
1 red or brown onion, thinly sliced  
1 large or 2 small carrots, peeled, topped and tailed  
2cm piece fresh ginger, grated  
2 garlic cloves, finely sliced or grated  
1 tablespoon vegetable oil  
120g brown rice

## Cornflour slurry

1 teaspoon cornflour  
5 tablespoons water

## Marinade

1 teaspoon water  
½ teaspoon white wine  
½ teaspoon cornflour  
½ teaspoon oyster sauce  
½ teaspoon sesame oil  
¼ teaspoon sugar

## Sauce mix

½ teaspoon oyster sauce  
¼ teaspoon sugar  
Pinch white pepper

## Nutritional info

Low phosphate ✓  
Low potassium ✓  
Carbohydrate **61g**  
Low protein ✗  
Low salt ✓  
Low saturated fat ✗  
Cost per portion (July 2024) **£1.65**  
Energy in kcals **460**

- 1** If using pork chop, thinly slice the pork chop into strips approximately 5cm long and 1/2 cm wide. Put the sliced pork, or pork mince, into a bowl and add the marinade ingredients. Mix until the pork is completely coated in the marinade. Cover the marinated pork and place in the fridge for a minimum of 1 hour.
- 2** Slice the celery and carrots into matchsticks approximately 2" x ¼" in size. Prepare the cornflour slurry in a bowl and mix until a milky white mixture forms. Cook the rice as per the packet instructions.
- 3** Heat up a non-stick wok and add the vegetable oil for 1-2 minutes or until the wok is very hot. Add the marinated pork into the wok, continuously moving the pork. When the pork has become slightly browned, add the onion, ginger and garlic and continue to move the pork until fragrant. Add the sauce mix ingredients and stir.
- 4** Give the cornflour slurry a stir until well mixed, then pour into the wok while continuously stirring the pork. Bring the sauce to the boil and add the celery and carrots while mixing for 3-4 minutes, until everything is coated in the sauce and the vegetables are cooked.
- 5** Serve the pork and vegetables over a bed of rice.