



Chinese Pork and Vegetable stir fry

This Chinese stir fry is lifted above the ordinary by the inclusion of chilli bean paste and shrimp paste (both readily available online or in Asian supermarkets, and they last for ever in the fridge!). Use whatever firm vegetables you have - we added kohlrabi to this, but carrots, bell peppers and fine green beans are all excellent. Serve with rice or noodles. **serves 4-6**

- 500g minced pork
- 2 tbsp oil
- 1 small onion, chopped
- thumb-sized piece ginger, finely chopped
- 4 cloves garlic, crushed
- 1-2 large, mild fresh chillies, sliced lengthways
- 2 medium carrots, cut into thin sticks
- 300g fine green beans, topped and tailed
- 1 kohlrabi OR 1 red bell pepper, cut into thin sticks
- 2 tsp cornflour

For the sauce:

- 2 tbsp each of sweet chilli sauce, rice wine, fish sauce and soy sauce
 - 2 tsp chinese vinegar (or any white vinegar)
 - 1 tsp sugar
 - 1/2 tsp shrimp paste
 - 1 tbsp each of chilli bean paste and tomato ketchup
1. Mix the sauce ingredients together to make a paste.
 2. Heat the oil in a wok and fry the meat for a few minutes until brown before adding the onion, garlic and ginger. Cook briefly until soft.
 3. Add the sauce and bring to the boil. Sprinkle over the corn flour and allow to bubble for a couple of minutes.
 4. Add the vegetables and chillies and fry quickly until cooked but still crunchy.
 5. Serve with your choice of rice or noodles.