



Phat Thua Ngok - Pork & Prawns with Bean Sprouts



This Thai recipe made with Pork, Prawns and Bean Sprouts is very simple, with all the subtle flavours coming through. Slice the pork as thinly as possible to ensure a fast cooking time - it should take less time than the rice, so make sure that is ready! **serves 2**

INGREDIENTS

- 200g pork fillet, very thinly sliced
- 1 tbsp vegetable oil
- 2cm cube ginger, grated
- 4 garlic cloves, crushed
- 100g raw prawns
- 1 tbsp fish sauce
- 2 tbsp soy sauce
- 250g bean sprouts
- 1 large mild red chilli, finely sliced
- 1 tsp each of black pepper and brown sugar



- a few stalks fresh coriander, finely chopped

RECIPE

1. Marinate the pork in the soy and fish sauces for an hour or so - this makes it more tender.
2. Heat the oil in a wok and quickly fry the pork.
3. Add the garlic, ginger, pepper, sugar and chilli and fry for a couple of minutes.
4. Add the prawns and fry until pink.
5. Add the bean sprouts, stir for a minute and then remove from the heat. Stir in the coriander.
6. By the time you have served the rice the residual heat from the wok will have cooked the bean sprouts. Serve immediately with soy sauce and chilli sauce on the side.