



Hoisin pork with garlic & ginger greens

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



4

CALORIES



318 kcal

SAUCE

Ingredients

- ☐ 500 g pork loin chops cut into 2cm-thick slices
- ☐ 4 tbsp hoisin sauce
- ☐ 1 tbsp soy sauce light plus a dash
- ☐ 350 g broccoli
- ☐ 1 tbsp unrefined sunflower oil
- ☐ 2 garlic clove thinly sliced
- ☐ 1 piece ginger shredded
- ☐ 1 bunch spring onion halved

☐ 350 g yu choy halved

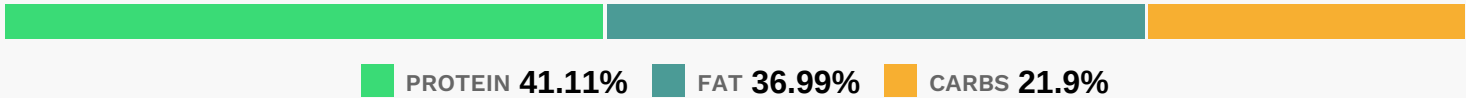
Equipment

- ☐ bowl
- ☐ grill
- ☐ wok
- ☐ microwave

Directions

- ☐ Put the pork, hoisin and soy sauce in a bowl and allow to stand for 10 mins.
- ☐ Heat the grill to high, shake off any excess sauce, then lay the pork on a tray. Grill for 5 mins, turning halfway, until cooked through.
- ☐ Remove and leave to rest in a warm place for 5 mins.
- ☐ Meanwhile, put the broccoli in a microwave-safe bowl with 4 tbsp water, cover with cling film, then microwave on High for 3 mins.
- ☐ Heat the oil in a wok, add the garlic and ginger, and stir-fry for 1 min.
- ☐ Add the spring onions and bok choy, then stir-fry for a further 2 mins. Tip in the broccoli with a dash of soy sauce and stir-fry for 1-2 mins more until the veg is warmed through.
- ☐ Serve the pork with the greens, a drizzle of any resting pork juices and rice or noodles, if you like.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:1.44, Inflammation Score:-8, Nutrition Score:30.180434662363%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 6.95mg, Kaempferol: 6.95mg, Kaempferol: 6.95mg, Kaempferol: 6.95mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg

Nutrients (% of daily need)

Calories: 318.46kcal (15.92%), Fat: 13.08g (20.12%), Saturated Fat: 3.61g (22.53%), Carbohydrates: 17.43g (5.81%),
Net Carbohydrates: 14.45g (5.25%), Sugar: 6.12g (6.8%), Cholesterol: 84.23mg (28.08%), Sodium: 621.45mg
(27.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.7g (65.4%), Vitamin C: 190.92mg (231.42%),
Vitamin K: 101.97µg (97.11%), Selenium: 44.15µg (63.07%), Vitamin B1: 0.91mg (60.39%), Vitamin B6: 1.1mg (55.23%),
Vitamin B3: 10.96mg (54.82%), Phosphorus: 357.29mg (35.73%), Calcium: 269.1mg (26.91%), Potassium: 801.17mg
(22.89%), Vitamin B2: 0.38mg (22.48%), Iron: 3.14mg (17.42%), Zinc: 2.41mg (16.09%), Folate: 63.69µg (15.92%),
Vitamin E: 2.37mg (15.78%), Manganese: 0.29mg (14.71%), Magnesium: 58.84mg (14.71%), Vitamin B5: 1.45mg
(14.55%), Vitamin A: 619.79IU (12.4%), Fiber: 2.98g (11.93%), Vitamin B12: 0.66µg (11.04%), Copper: 0.15mg (7.64%),
Vitamin D: 0.5µg (3.33%)