



Spiced pork with heaps of stir-fried greens



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



582 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 100 g rice
- ☐ 1 tbsp vegetable oil blue for dragon or sharwood's (look out)
- ☐ 250 g pork escalopes sliced into thin strips
- ☐ 1 bunch spring onion trimmed sliced
- ☐ 175 g broccoli
- ☐ 3 celery stalks sliced
- ☐ 2 heads bok choy
- ☐ 2 tbsp cilantro leaves fresh chopped

- ☐ 1 lime zest finely grated
- ☐ 3 slices to 5 chillies red thin

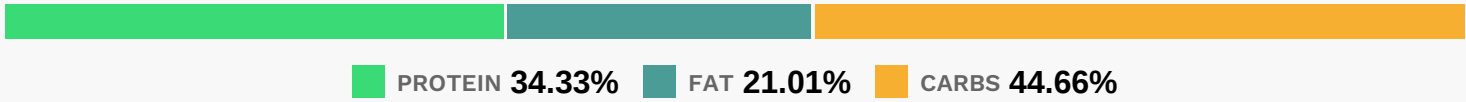
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Cook the rice in plenty of lightly salted boiling water it will take about 12 minutes.
- ☐ Meanwhile, heat the oil in a wok or large frying pan.
- ☐ Add the pork and stir-fry briskly for 3–4 minutes. Tip in the spring onions, broccoli and celery and stir-fry over a high heat for 4 more minutes, then add the pak or bok choi for a minute or so until the leaves have wilted. Toss in the coriander and lime zest, squeeze in a little lime juice and add the chilli slices if you are using them. Season with salt and pepper. Heap on to warmed plates and serve with the drained rice and sweet chilli sauce, if you like.

Nutrition Facts



Properties

Glycemic Index:133.09, Glycemic Load:26.28, Inflammation Score:-10, Nutrition Score:49.781304152116%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg Kaempferol: 43.41mg, Kaempferol: 43.41mg, Kaempferol: 43.41mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 21.81mg, Quercetin: 21.81mg, Quercetin: 21.81mg, Quercetin: 21.81mg

Nutrients (% of daily need)

Calories: 581.98kcal (29.1%), Fat: 14.49g (22.3%), Saturated Fat: 2.59g (16.21%), Carbohydrates: 69.32g (23.11%), Net Carbohydrates: 56.37g (20.5%), Sugar: 12.72g (14.13%), Cholesterol: 0mg (0%), Sodium: 585.21mg (25.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.29g (106.58%), Vitamin A: 38280.93IU (765.62%), Vitamin C: 470.5mg (570.31%), Vitamin K: 512.25µg (487.86%), Folate: 626.64µg (156.66%), Manganese: 2.1mg (104.8%), Calcium: 959.7mg (95.97%), Vitamin B6: 1.9mg (94.95%), Potassium: 2540.6mg (72.59%), Fiber: 12.95g (51.82%),

Magnesium: 195.99mg (49%), Iron: 8.17mg (45.41%), Phosphorus: 438.8mg (43.88%), Vitamin B2: 0.74mg (43.33%),
Vitamin B1: 0.45mg (30.16%), Vitamin B3: 5.73mg (28.66%), Selenium: 14.18µg (20.26%), Vitamin B5: 1.85mg
(18.49%), Copper: 0.37mg (18.3%), Zinc: 2.6mg (17.31%), Vitamin E: 2.23mg (14.84%)