



# Szechuan Pork Stir Fry



Prep



Cook



Set table



Serve

Recipe from 'Omnivore' by Jim Brisby and Simon Woods published by Cranswick PLC 2025.

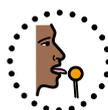
## You will practise:



chopping



frying



tasting safely



## Meal information

# Chop & Change



Preparation time



20 minutes



Cooking time



10-15 minutes



Serves



6  
6 people



Nutrition

in



each serving:



Calories  
(kcal)

435



Protein  
(g)

39.5



Carbohydrate  
(g)

44.2



Fat  
(g)

12.2



Fibre  
(g)

6.6



## Ingredients

# Chop & Change



For the  
szechuan sauce:



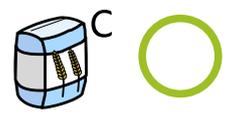
1/2 teaspoon  
Szechuan  
pepper flakes or  
red pepper  
flakes



250ml low salt  
soy sauce



2 tablespoons  
maple syrup



1 tablespoon  
cornflour



2 tablespoons  
tomato puree



1 teaspoon  
garlic puree



1/2 teaspoon  
chilli paste



1 tablespoon  
rice vinegar



1/2 teaspoon  
Chinese five  
spice



1 teaspoon  
ginger paste



For the stir fry:



250g dried  
medium egg  
noodles



1 tablespoon  
extra virgin  
olive oil



800g pork  
tenderloin, cut  
into thin strips



150g sugar  
snap peas



## Ingredients

# Chop & Change



1 red bell pepper, finely sliced



1 yellow bell pepper, finely sliced



1 bunch of spring onions, finely sliced



1 red chilli, seeds removed and finely sliced



1 red onion, peeled and finely sliced



200g pak choi, cut into quarters



300g beansprouts



300g stem broccoli



To serve:



20g coriander, roughly chopped



1 teaspoon black sesame seeds



2 red chillis, finely sliced, seeds included



2 spring onions, finely sliced



sea salt



cracked black pepper



# Equipment

# Chop & Change



hob



measuring jug



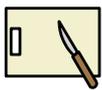
bowl



whisk



wok



chopping board



knife



ladle



spatula



teaspoon



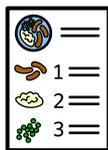
tablespoon



sieve



weighing scales



## Method for the Szechuan Sauce

1. Put the Szechuan pepper flakes and soy sauce, into a bowl.

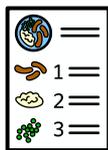
+ the maple syrup and cornflour.

+ the tomato puree, garlic puree, chilli paste and rice vinegar.

+ the five spice and ginger paste.

5 Whisk together until thoroughly combined.

6 Put the bowl to one side.



## Method for the Stir Fry

1. Bring a pan of water to the boil and add the noodles.

2. Cook the noodles for 6 to 8 minutes.

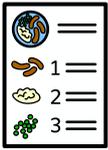
3. Drain the noodles and put them to one side.

4. Place a wok over a medium to high heat.

5. Add a good drizzle of extra virgin olive oil.

6. Place the pork strips into the wok.

7. Caramelize until the meat is nicely brown.



## Method for the Stir Fry

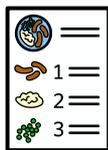
8. Add the vegetables and cook over a high heat for 2 minutes.

9. Add the drained noodles.

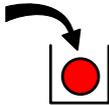
10. Stir everything together until combined.

11. Add the Szechuan sauce and mix thoroughly.

12. Cook for 2 minutes to thicken the sauce.



## To Serve

1.  Portion  the stir fry  into  4 bowls.

2.  Garnish  with  coriander,  sesame seeds,  chillies  and  spring onions.

3.  Season  with  sea salt  and  cracked black pepper.