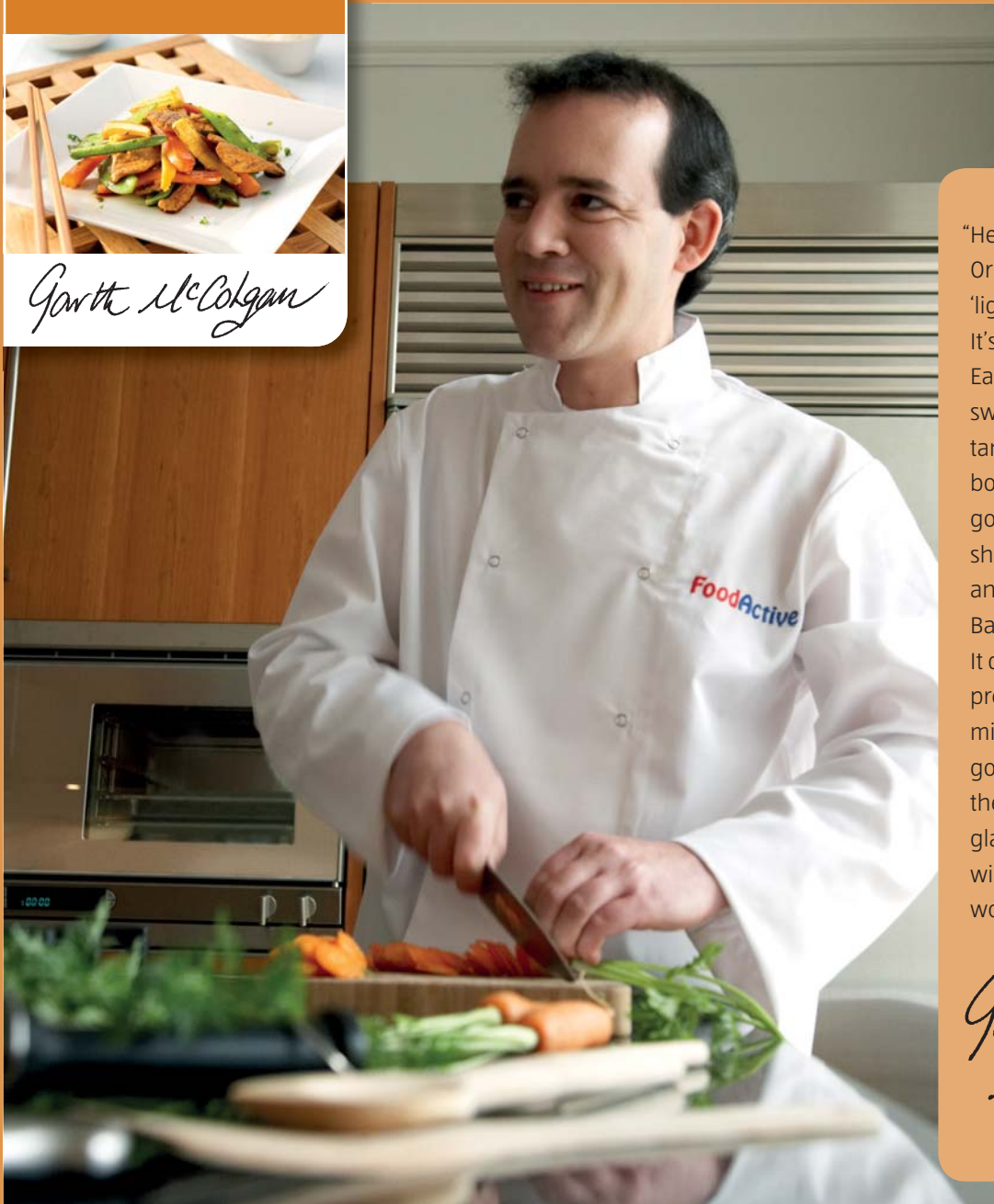


Stir-fry Pork



Garth McCollgan

“Light, Summer stir-fry”



“Here’s a nice and easy Oriental dish for a lazy, ‘light night’ supper. It’s a fabulous fusion of Far Eastern flavours, some sweet, some rich, some tangy. Served with a big bowl of boiled rice, it will go down especially well, shared with your family and friends, over the May Bank Holiday weekend. It doesn’t take long to prepare and it only takes minutes to cook. So you’ve got more time to spend on the patio with a chilled glass or two of fruity white wine before working wonders with your wok!”

Garth McCollgan

Orient express

Extra-fine slices of marinated pork,
sizzled-up in seconds

Garth McColgan

Stir-fry Pork

Serves 4

Ingredients

200g Pork Fillet, sliced thinly
3 packs Baby Vegetables
3 Garlic cloves, chopped
2 tbs Teriyaki
3 tbs Parsley, freshly chopped
300g Rice

1 Lemon, zested and juiced
5 tbs Vegetable Oil
2 tbs Ginger, finely sliced
2 Scallions, white part chopped finely,
green part sliced 2cm diagonally
2 tbs Soy Sauce
1 tbs Sugar

Method

1. Marinate pork in 3 tablespoons oil, 2 tablespoons parsley, lemon juice, ½ lemon zest, and 2 garlic cloves for 2 hours.
2. Remove carrots from the pack of baby vegetables and cut into quarters lengthwise
3. Remove baby corn from the pack of baby vegetables and cut into halves lengthwise.
4. Heat wok/frying pan until very hot and add oil.
5. Add remaining garlic, white of scallion and ginger; stir-fry for 10 seconds.
6. Add pork without marinade and stir-fry for 2 minutes.
7. Remove meat from pan and add marinade, carrots and sweet corn. Stir-fry 1 minute.
8. Add meat and teriyaki, soy sauce, sugar and any remaining vegetables. Stir-fry 1 minute.
9. Add remaining lemon zest and parsley.
10. Serve with boiled rice.

Perfect with...



**Microwaveable
Rice**

99c

250g, €3.96 per kg



**Freeman's Bay
New Zealand
Sauvignon
Blanc**

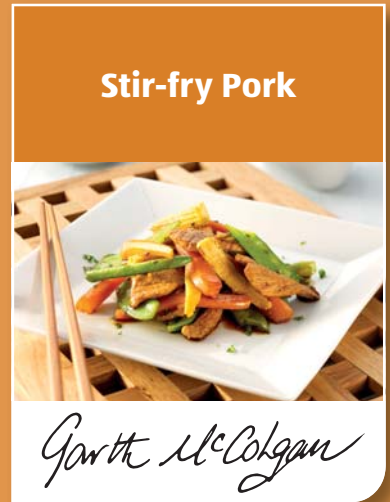
€9.99

75cl



Chock-a-block wok, red-hot price

“Thanks to Aldi, you can fill your wok to the brim with my stir-fry pork ingredients, giving your Bank Holiday guests a Far Eastern feast that’s exotic, for a price that’s out of this world.”



Garth McCollgan



Light Brown Soft Sugar
84c PER PACK
500g, €1.68 per kg



Basmati Rice
€1.85 PER PACK
1kg, €1.85 per kg



Teriyaki Marinade
€1.49 EACH
250ml, €5.96 per litre



Soy Sauce
€1.49 EACH
250ml, €5.96 per litre



Scallions
49c
49c per bunch



Irish Pork Steak
€9.99 PER KG
See pack for price

Baby Vegetables
€1.39 PER PACK



Vegetable Oil
€1.35 EACH
1 litre, €1.35 per litre



Lemons
89c PER PACK
3 pack, 29.6c each



Garlic
79c EACH
79c per 25g



Parsley
€1.19 PER 25g



Ginger
79c EACH
79c per 150g

*Fresh produce prices can vary. Offers available for a limited time only, subject to availability.