



CHLOË BOWLER
complete wellbeing

SWEET & SPICY PORK MINCE STIR FRY



Ingredients (Serves 2):

- 500g pork mince
- 4 tsp thai green paste
- 4 Spring Onions
- 4 tbsp soy sauce
- 4 garlic cloves
- Very large handful of fresh basil
- 1 onion
- 1 red chilli
- 2 courgettes
- 2 Little Gem Lettuces
- 1 Lime

Method:

1. Start by placing the mince in a pan of hot oil, and stirring while it cooks.
2. Chop or crush the garlic cloves, chop the onion into slices, and the courgettes into quartered slices.
3. When the pork mince is cooked, create a gap in the middle of the pan, add a little more oil, then add the onion, garlic and courgettes. Season well.
4. Stir in the thai green paste and mix well.
5. Add the soy sauce and stir through.
6. Next stir in whole fresh basil leaves.
7. Cut some chilli into the dish and top with chopped spring onions.
8. Serve with little gem lettuce boats and some quartered lime.

CHLOEBOWLER.COM