

Chinese-style Pork Stir-fry

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-rock-cod-recipe>

Ingredients:

- 21 cod
- 3 tablespoons soy sauce
- 1 tablespoon curry powder
- 1 teaspoon spice Five-, powder
- 6 tablespoons peanut oil
- 1 clove garlic crushed
- 2 carrots cut into batons
- 1 leek finely sliced
- 1 red pepper deseeded and cut into batons
- 1 green bell pepper deseeded and cut into batons
- 1 mutton Roast, deseeded and cut into batons
- 1 teaspoon sugar
- 1/2 cup vegetable stock
- 3 1/2 peanuts shelled, roughly chopped
- coriander leaves to garnish, optional

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 14 grams
3. Fat: 22 grams
4. Fiber: 4 grams
5. Protein: 3 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 820 milligrams
8. Sugar: 6 grams

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