

Quick Pork and Mushroom Stir Fry

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-pork-and-mushrooms-recipe>

Ingredients:

- 8 ounces pork / person thinly sliced, . I usually use a pork chop or fillet and slice that thinly, 1 per person
- 1 1/2 cups frozen garden peas
- 1 handful mushrooms cleaned and cut to bite size pieces
- 1 inch ginger piece of
- 2 cloves garlic
- chilies Fresh chopped, optional
- 1 handful cashew nuts optional
- 1 spring onions / scallions
- 1 handful fresh coriander / cilantro
- 2 teaspoons cornflour
- 1 1/2 tablespoons light soy sauce
- 1 tablespoon oyster sauce
- 1 teaspoon sugar
- 2 teaspoons Chinese rice wine
- 2 teaspoons sesame oil
- 1 teaspoon chicken stock powder
- 4 tablespoons water
- 1 teaspoon seeds chili, optional

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 40 milligrams
4. Fat: 21 grams
5. Fiber: 3 grams
6. Protein: 22 grams

7. SaturatedFat: 4 grams
 8. Sodium: 670 milligrams
 9. Sugar: 6 grams
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