

# PORK WITH BLACK BEAN GARLIC SAUCE

**Time: 40 minutes**

**Serves: 6**

## Ingredients:

10g cold-pressed avocado oil (or other cold-pressed neutral-flavoured oil)  
10g fresh ginger - peeled and finely chopped  
4 cloves garlic - finely chopped  
100g + 20g water  
50g black bean garlic sauce  
30g soy sauce  
30g Chinese cooking wine or dry sherry  
1kg pork sirloin - cubed in 2-3cm pieces  
20g corn starch  
6 green onions (green portion only) sliced

## Preparation:

Place your pressure cooker vessel with the oil in it on medium-high heat or activate the sauté setting on an electric model.

When the oil is hot, add the ginger and garlic, stirring often until the garlic just begins to brown.

Stir in the 100ml water, black bean sauce, soy sauce, and wine. Add the pork and stir to coat.

Seal the cooker and cook at high pressure for 10 minutes, beginning timing once pressure is reached.

Remove from heat if using a stove-top cooker or turn off an electric model. Safely release the pressure.

Using tongs or a slotted spoon, move the pork to a serving dish.

In a small cup or bowl, whisk together the 20g water and the corn starch.

Place the cooking vessel with sauce back on medium-high heat or turn on the sauté setting. Stir in the corn starch slurry and simmer until the sauce thickens slightly.

Remove from heat.

Serve the pork topped with sauce and garnished with the green onion.

## Nutritional Information Per Serving:

|               |                                |
|---------------|--------------------------------|
| Calories: 263 | <b>Hand-Size Portion Guide</b> |
| Fat: 7g       | Palms of Protein: 2            |
| Carbs: 4g     | Fists of Vegetables: 0         |
| Fibre: 0.5g   | Cupped Hands of Carbs: 0       |
| Protein: 43g  | Thumbs of fat: 0               |