



Sichuan pork & green bean stir-fry

L Prep: 15 mins
 👤 Easy
 🍴 Serves 2
 Cook: 15 mins

A cost-conscious Chinese-style meal for two with rich soy and pepper sauce, ginger, spring onions and sesame oil

Nutrition: per serving

low in							
kcal	fat	saturates	carbs	sugars	fibre	protein	salt
447	19g	4g	48g	6g	6g	20g	2g



Ingredients & cost per recipe

(Divide the ingredients in to a single portion, then work out the cost per recipe and the cost per person)

100g basmati rice	0.26
200g green beans, topped and tailed, then halved	0.93
1 ½ tbsp sunflower oil	0.03
140g pork mince	0.72
4 tsp dark soy sauce	0.03
2 tsp rice wine	0.06
1 tsp caster sugar	0.01
¼ tsp Sichuan pepper, lightly crushed using a pestle and mortar	0.02
1 red chilli, halved and sliced	0.07
4 fat garlic cloves, finely chopped	0.13
1 small knob of ginger, finely chopped	0.10
3 spring onions, 2 finely chopped, 1 sliced for garnish	0.30
2 tsp sesame oil	0.10
Cost per recipe	£2.76
Cost per person	£

Method

(Complete the capitalization and punctuation task in the method section)

STEP 1: cook the rice following pack instructions boil the beans for 4 minutes, then drain under cold water pat dry and set aside

STEP 2: in a large non-stick wok or frying pan heat 1 tbsp of the oil add the pork mince and fry for a few mins breaking up into small pieces with the back of a spoon stir in half the soy the rice wine and sugar and cook for 30 seconds more when the meat is cooked through tip onto a plate





STEP 3: heat the remaining oil in the pan add the pepper chilli garlic ginger and chopped onions and stir-fry for 2 minutes until ginger and garlic are softened

STEP 4: tip in the beans heat through then add the mince stir-fry for 2 minutes until hot stir in the rest of the soy and sesame oil scatter with spring onions and serve with rice

	Rice		Garlic
	Green beans		Ginger
	Pork mince		Spring onions
	Dark soy		Sesame oil
	Sichuan peppers		

Lesson Questions	
Identify the cut of protein used?	
Describe the difference between dark & light soy?	
Explain the taste, smell, texture and look of: Rice Wine Vinegar?	Taste
	Smell
	Texture
	Look

Cooking Skills Record:

My rating:	 Tasting & looking good	 Quite good	 Edible	 Not so good
What I need to remember next time I cook this recipe:				
Skills I need to practice:				
Choosing alternative ingredients / veggie option:				
What could I serve this with:				
Are there ways I can economise:				
Hygiene and safety tips:				
I have passed this recipe to? And why:				
Time taken to prepare & cook this recipe?				

How does this contribute to the "Eatwell Plate":

Fruit & veg	
Bread, rice, pasta & potatoes, meat fish, eggs & beans	
Milk & dairy	
Oil & fats	

Teacher/Student Feedback:

Student evaluation	
Teacher feed back	
Student to teacher feed back	
Student to Peers feed back	

Skills Used: (Fill in your own cooking skills record in the front of your folder)