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Recipe idea: Pork Mince Stir-Fry

Serves: 4 | Time to prepare: 10 mins | Time to cook: 10 mins

- 500g/1lb Redhill Farm Free Range Lean Minced Pork
- 1 x 15ml (1 tbsp) soy sauce
- 3 x 15ml (3 tblsp) Hoi-sin
- 150g/5oz fresh beansprouts
- 4 spring onions, chopped
- 100g/4oz broccoli florets
- 2 carrots, cut into thin strips



In a large non-stick wok or saucepan, dry fry the mince until it has changed colour. This will take about 4-6 minutes. Add the carrots and broccoli and cook for another 1-2 minutes. Add the remaining ingredients and cook for a further minute.

Serve with noodles or rice.

January 2012 Diary Dates

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3	4 No Selby or Doncaster	5	6 Lincoln City Square	7 Sleaford
8	9	10	11 Lincoln High St	12 Horncastle	13	14 Barton & Gainsborough
15	16	17	18 Boston & Doncaster	19	20 Grimsby	21 Retford & Lincoln Castle
22	23	24	25 Louth & Rotherham	26 Sheffield	27 York & Nth Hykeham	28 Brigg
29	30	31				

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