

I used to buy [lasagne](#) 

all the time but now that I've got a recipe I'm happy with I make it instead. And even though it's not exactly health food, the homemade version has got to be more nutritious, right? So I decided to try to make a homemade version of another treat food - Chinese takeaway. I haven't got a takeaway for quite some time because my normal order is Chicken Kung Po and I don't eat chicken anymore. This isn't like a Kung Po sauce at all but it does have nice mix of flavours and a good salty sweet taste.

I used to make the terrible stir-frys. The worst thing about them was that they often smelled great making it even more disappointing that it just tasted wrong. I would either have burnt raw vegetables (bad combination) or limp over-cooked vegetables (I often used frozen veg - never use frozen veg in a stir fry), and if I was thickening the sauce with flour I usually hadn't cooked the flour through before adding the sauce (very important because otherwise you'll get a raw flour taste that you won't be able to cover). Yeah they were very bad stir-frys. It was only when I read a recipe for something that instructed you to cook the veg right first, put aside, and add back in that I found a way to cook the veg right. So if you too find it difficult to get the veg right in a stir-fry the method below is pretty much fool-proof.

The way I make Chinese 5 Spice Pork Stirfry is



Ingredients

- 450g pork fillet, sliced into thin long strips
- 1 small head fresh broccoli, chopped into small florets
- 1 yellow bell pepper, sliced thinly
- 2 carrots, chopped into matchsticks
- 5 spring onions, chopped
- 1 small tin of water chestnuts, drained
- Fistful of cashew nuts
- 1 inch fresh ginger root, diced very small
- 2 large garlic cloves, sliced thinly

For marinade

- 1 tbsp toasted sesame seed oil
- 1 tbsp oyster sauce
- 1 tbsp dark soy sauce
- 1 tsp Chinese 5 spice

For sauce

- 125 ml chicken stock
- 1 tsp oyster sauce
- 1 tsp toasted sesame seed oil
- 1 tbsp dark soy sauce
- 1 tbsp runny honey
- 1/2 tsp Chinese 5 spice
- 1 tbsp cornflour, blended with 1 tbsp cold water

Instructions

The most important thing with this recipe is to have all the veg chopped and ready for cooking before you start so that you don't overcook anything.

1. Mix the marinade ingredients together in bowl. Mix in the sliced pork and stir around well so that every strip is covered in the sauce. Cover and leave for 30 minutes.
2. In a large frying pan or wok, dry fry/roast the cashew nuts. When just a little golden, remove from the heat and put nuts aside on plate or dish.
3. Heat a little sunflower oil in the pan, add the chopped ginger and half the chopped garlic. Keep stirring and don't let them burn. Turn the heat up high. Throw in the broccoli, pepper and carrot. Again keep stirring to avoid burning. Sauté the veg for about 5 minutes - they should be a little softened but still have a little bite. Remove from the heat and put aside in bowl or dish. It's important to scrape all the ginger and garlic onto the veg because they'll burn if you leave them in the pan.
4. Blend all the sauce ingredients together in jug.
5. Add a little more oil to the pan, add the pork and the rest of the garlic. Fry on a high heat for a couple of minutes till all the pink is gone. Stir in the sauce and cook until it thickens. Add in the water chestnuts and stir around for minute. Stir in the nuts, the veg and then the chopped spring onions. Taste and season if necessary, and it's ready. Serve with rice or noodles.