

PORK BELLY & PRAWNS STIR FRY WITH SPICY BLACK BEAN SAUCE

SERVES: 2

PREP TIME: 15 MINS

COOK TIME: 20 MINS

DIFFICULTY: MEDIUM

COST: \$\$

SPICY LEVEL: 🌶️🌶️

INGREDIENTS

1 Tablespoon cooking oil
300g pork belly stripes (shabu-shabu style)
300g prawns (peeled & de-veined)
1 teaspoon finely chopped ginger
4 cloves finely chopped garlic
1 medium sized scallion thinly sliced
For Sauce:
3 tablespoons of spicy black bean sauce
1 tablespoon dark soy sauce
1 tablespoon mirin or Chinese rice wine
1 teaspoon sugar
1 teaspoon corn starch
1/2 cup water



MACROS (per serving)

CARBS: | PROTEIN: | FAT:

NOTES

🔪 Increase/decrease garlic as per your taste preference.

🔪 You may find spicy black bean sauce in the Asian grocery store. If you are unable to find spicy black bean sauce, mix 3 tablespoons of normal black bean sauce with 1 teaspoon of chilli oil.

DIRECTIONS

1. Mix all ingredients for sauce and set aside.
2. Heat oil over medium-high heat in a frying pan. Add the pork belly strips and stir fry until the pork belly strips are no more pink (raw) in color. This will take about 5 mins.
3. Now, add in the garlic, ginger, scallion/leek and cook for 2 minutes until these ingredients are wilted and become aromatic.
4. Add the prawns to the pan and give all the ingredients a quick toss for about 2 minutes. Then pour in the previously made sauce and bring the heat to a medium-low and let everything simmer for about 20 minutes while the pan is covered with a lid. The sauce should have thickened at the end of 10 minutes, while coating all ingredients equally.
5. Serve over a cup of rice (measure your carb intake) or for a low carb option, serve over zucchini noodles or cauliflower mash.