

FIVE SPICE STIR-FRY WITH RICE

2 persons / 582 kcal per serving

Ingredients:

- 150 grams basmati rice
- 200 grams broken green beans
- 2 tomatoes
- 1 onion
- 1½ tablespoon of oil
- 250 grams pork
- 3 tablespoons stir-fry sauce five spice



Preparation:

Prepare rice according to package instructions. Clean and cut tomatoes. Peel the onion, cut it in half and cut it in half rings. Cook green beans in plenty of boiling water with salt to taste for 10 minutes. Drain. Heat oil in a wok and stir fry for 4 minutes. Add onions and fry for 3 minutes. Add tomato and cook for 1 minute more. Add the stir-fry sauce and beans to the mixture and heat it briefly. Serve the stir-fry with rice.

Nutritional value per portion:

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| Energy: | 582 kcal |
| Protein: | 39.0 grams |
| Carbohydrates: | 70.2 grams |
| - including sugars: | 5.2 grams |
| Fat: | 14.4 grams |
| Fiber: | 6.5 grams |
| Salt: | 0.3 grams |