CHINESE · LUNCH · DINNER

Hunan Stir-Fried Pork with Green Chillies (Xiaochao Rou)

青椒小炒肉

25 min · Serves 2 · 463 kcal a serve · Video 3:57 in Chinese · Chef Wang 美食作家王刚

No dairy listed · No nuts listed

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Fatty and lean pork with a big pile of green chillies: about 24 g protein, 5 g fibre and 12 g net carbs a serve, with only a pinch of sugar. The chillies give more than a day's vitamin C.

Diet notes: Gluten-free with a swap: Use tamari for both soy sauces and a gluten-free oyster sauce.

Ingredients 17 · SERVES 2

- [ ] 300 g **erjingtiao** (long mild green chillies), stems removed, cut into bite-size pieces
- [ ] a few **xiaomila** (small hot red chillies), about 3, sliced
- [ ] 2 stalks **suanmiao** (green garlic shoots), smashed and cut diagonally
- [ ] 15 g **garlic**, smashed and chopped
- [ ] 15 g **ginger**, smashed and chopped
- [ ] 150 g **skinless pork belly**, sliced as thinly as possible
- [ ] 100 g **pork tenderloin** (loin), thinly sliced against the grain
- [ ] a pinch of **salt**, for the marinade
- [ ] a little **ground pepper** (half for the marinade, half for the sauce)
- [ ] 2 g **soy sauce** (light), for the marinade
- [ ] 2 g **egg white**, for the marinade
- [ ] a little **dry starch** (about 1 tsp), for the marinade
- [ ] about 2 tsp **vegetable oil** (1 tsp to coat the marinated pork, plus the film left after oiling the wok)
- [ ] 6 g **oyster sauce**
- [ ] 4 g **soy sauce** (light), for the sauce
- [ ] a little **sugar** (about ¼ tsp)
- [ ] 2 g **dark soy sauce**, for colour

Allergens found in the listed ingredients: Gluten, Molluscs, Egg, Soy. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Stem the green chillies and cut them into bite-size pieces; slice the small red chillies. Smash the green garlic and cut it diagonally. Smash and chop the garlic and ginger. 0:05
2. Slice the skinless pork belly as thinly as you can so it renders quickly. Slice the tenderloin thinly against the grain. 0:41
3. Marinate the tenderloin with a pinch of salt, a little pepper, 2 g light soy sauce and 2 g egg white. Mix in a little dry starch, then 1 tsp oil so the slices don't clump. 1:01
4. Heat a dry wok and stir-fry the green chillies over medium heat for about 2 minutes, pressing them, until blistered and wrinkly. Tip them out and clean the wok. 1:31
5. Heat the wok, swirl in some oil and pour the excess out. Stir-fry the pork belly for 1–2 minutes until it releases its fat, then add the tenderloin and toss until nearly cooked. 2:06
6. Add the chopped ginger and garlic and fry until fragrant. Season with 6 g oyster sauce, 4 g light soy sauce (poured down the side of the wok), a little sugar and pepper, and 2 g dark soy sauce for colour. 2:38
7. Return the chillies and toss to combine, then add the green garlic and stir-fry just until it wilts. No salt is needed beyond the sauces. 3:12

> **Tip** Serves 2 with rice (our estimate). For less heat use green bell peppers instead of erjingtiao. Cauliflower rice or a side of greens keeps the meal lower in carbs.

The method is a summary in our words, in English — the video (in Chinese) shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
463 kcal	24 g	18 g	5.4 g	33 g	470 mg
1,940 kJ	48% of a day	12 g net · 7.7 g sugars	19% of a day	11 g saturated	20% of a day
		6% of a day		43% of a day	

Energy from net carbs 11% · protein 22% · fat 67% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin C 213% · Vitamin K 70% · Vitamin B6 68% · Omega-3 50% · Vitamin E 46% · Selenium 40% · Vitamin B12 35%

Source of (10–19%) Zinc 19% · Potassium 18% · Folate 15% · Magnesium 12% · Vitamin A 11% · Iron 10%

Recipe and video: Chef Wang 美食作家王刚 (@chefwang) on YouTube — youtube.com/watch?v=RcYq8W6xRZo, published 25 March 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/xiaochao-rou-hunan-pork-green-chilli