

**INGREDIENTS:**

750g chine of pork cut into small chunks

2 tablespoons cornflour

1 garlic clove

Half an onion

80ml light soy sauce

A pinch of sugar

1 head of broccoli

60g whole almonds

80ml olive oil

Sea salt and freshly-ground black pepper

**TIME:** 30 mins**SERVING:** 4 people

Place the cornflour and plenty of salt and pepper in a large bowl, add the meat and mix well with your hands to coat. Cut off the broccoli heads, cook in boiling salted water for three minutes then refresh and drain. Roughly chop the almonds, peel and finely chop the onion and garlic. Heat half the oil in a large frying pan or wok, add the meat and cook briskly for six to eight minutes until crisp. Reduce the heat, add the onion and garlic and cook for three minutes, add the soy sauce and sugar and cook for a further two minutes. In a second pan cook the almonds in the remainder of the oil until beginning to colour then add the broccoli, season well and cook briskly for two to three minutes. Finally, mix the contents of the two pans together, stir well and serve.

*Enjoy! Malcolm & Julie Pyne*

**YOUR NOTES:**