

Styrian Wok



Main dish

Kind of recipe



60 Minutes

Preparation



easy

Severity



Ingredients for 4 people

400 g pork tenderloin
1 egg white
1 tblsp corn flour
1 tsp peanut oil
salt, pepper
2 - 3 tblsp peanut oil
300 g pumpkin flesh
1 bunch scallions
2 cloves garlic
1 tblsp brown sugar
1 tblsp curry paste
1 tblsp rice vinegar
2 tblsps soya sauce
125 ml water or stock
50 g toasted Styrian pumpkin seeds
Styrian Pumpkin Seed Oil P.G.I.
fresh herbs

Preparation

Cut the pork tenderloin into slices. Lightly beat the egg whites and add the corn flour and 1 tsp peanut oil. Season the meat with salt and pepper and let marinate for at least 15 minutes. Pre-heat the wok. Put a little bit of peanut oil in the wok and add the meat in small portions. Let the meat sear quickly, then remove and put to the side. Cut the pumpkin and scallions into bite sized pieces. Cook the pumpkin with a little peanut oil in the wok for 4 minutes, then add the scallions and cook for a short time longer. Finely dice the garlic and sweat in a little bit of pumpkin seed oil in the middle of the wok. Add the brown sugar, vinegar, soya sauce, curry paste, and water, mix the sauce with the vegetables and let simmer for 3 minutes. Finally, add the meat to the wok. Serve the Styrian wok on a plate and sprinkle with Styrian pumpkin seeds and fresh herbs.

Tip: Steamed basmati rice or pre-cooked wok noodles make a good side dish.

Recipe from Gemeinschaft Steirisches Kürbiskernöl g.g.A. / Foto: Stefan Kristoferitsch