

High-Protein Pork & Broccoli Stir-Fry

Serves 2 • Prep 10 min • Cook 10–12 min

Ingredients

- 400g pork loin or shoulder, thinly sliced
- 300g broccoli
- 1 red capsicum
- 2 spring onions
- 2 garlic cloves
- 1 tsp grated ginger
- 1½ tbsp avocado/olive oil
- 2 tbsp tamari
- 1 tbsp sesame oil
- 1 tbsp natural peanut butter
- 1 tbsp lime juice
- ½ tsp chilli flakes
- 1 tbsp sesame seeds

Method

1. Whisk tamari, sesame oil, peanut butter, lime juice, chilli and a little water into a sauce.
2. Heat wok very hot. Cook pork in batches for 2–3 min until browned; remove.
3. Stir-fry broccoli and capsicum 3–4 min. Add garlic, ginger and spring onions.
4. Return pork, add sauce and toss 1–2 min. Finish with sesame seeds, coriander and lime.

Nutrition / Recipe Notes

~650–700 kcal • 50–55g protein • 40–45g fat • 10–12g net carbs

Serving idea

Serve immediately with fresh herbs, lemon or a simple low-carb vegetable side. Nutrition is approximate and will vary with brands and portion sizes.

Photo placeholder — Add a finished-meal photograph here for the website/print version.