

September 2020

Pork Keto

## Pork and Green Pepper Stir-Fry

### Ingredients:

- 115g butter
- 1.5kg pork shoulder, cut into strips
- 2 green, red or yellow OR all 3 bell peppers, sliced
- 2 onions, sliced
- 1 tsp chili paste
- 30g almonds
- salt and pepper

### Instructions:

1. Heat up plenty of butter in a frying pan or wok. Save a dollop of butter per portion for serving.
2. Brown the meat over very high heat for a couple of minutes.
3. Add vegetables and chili paste. Keep frying while stirring for another couple of minutes. Season with salt and pepper towards the end.
4. Serve with almonds and room-temperature butter.

### Nutritional Information:

Net carbs: 2 % (5 g)

Fiber: 4 g

Fat: 84 % (81 g)

Protein: 14 % (31 g)

Calories: 872