

Low-carb Spicy Pork Fry



Presenting the mouth-watering buttery fried pork tossed with scallions & peppers. A devouringly simple Ketogenic dinner ready within minutes!

Ingredients for 2 serving (US/Metric)

- 328g / 11.6oz **Pork shoulder**
- 6.5 *tbsp* **Butter**
- 280g / 9.9oz **Green bell pepper**
- 219g / 7.7oz **Scallions**
- 29g / 1oz **Almonds, raw**
- 8g / 0.3oz **Chili paste**
- **Salt & pepper to taste**

Nutrition (US/Metric)

- **Protein:** 23%
- **Fat:** 70%
- **Net carbs:** 7%

Instructions

1. Place a wok/pan on the stove. Add lots of butter, saving up a spoonful per serving.
2. As the butter melts, transfer the meat into the pan, increase the heat to high and fry for 2 minutes.
3. Now, add in the veggies & chili paste. Stir fry for 2 minutes. Right before turning off the stove, sprinkle some salt & pepper. Stir it for a few seconds.
4. Transfer to a dish and serve garnished with softened butter & almonds.