

Japanese Style Stir Fried Bitter Gourd, Pork & Egg (Goya Champuru)



<Ingredients (4 serve)>



2 small Bitter Gourds

2 Garlic cloves (minced)

1/2 Large brown onion (sliced)

5 Medium eggs

250g Pork loin

1 Tbsp Sunflower oil

Seasalt

2 Tbsp Soy sauce (Kikkoman)

1 Tbsp Sake

1 pinch Sugar

1 handful Dried bonito flakes (Katsuo bushi)

Black or white pepper (option)

<Method>

1. Prepare the vegetables

Pour the oil into a wok/frying pan and stir fry the garlic and onion with 1 pinch sea salt on low heat until the flavour infuse into the oil.

Meanwhile cut the bitter melon in half lengthwise and spoon the seeds and remove. Cut on diagonal into thin slices.



2. Stir fry eggs and pork

Slice the pork into mouthful chunks (approximately 2cm cube) and season with 2 pinch of sea salt.



Beat the eggs well in a bowl and pour over the cooked garlic and onion, and stir fry on high heat. Break big chunks using spatula. Once the egg is cooked, dump the pork and cook on medium heat.



3. Stir fry all

After the pork is thoroughly cooked, add the bitter melon and stir fry on high heat keep stirring.

Add soy sauce, sake, sugar and 2 pinch of sea salt. Remove from the heat and sprinkle some dried bonito flakes over. Serve immediately.