

Lotus Root & Pork with Black Vinegar

れんこんと豚肉の黒酢炒め

Air Fryer

Serves 2

Ingredients

Main

- 200 g lotus root (peeled, irregular bite-size pieces)
れんこん
- 200 g pork loin (cut into bite-size pieces)
豚ロース肉
- 100 g red bell pepper (bite-size pieces) 赤パプリカ

Seasoning for pork

- 1 tsp / 5 g ginger juice しょうが汁
- 1 tsp / 6 g low-sodium soy sauce しょうゆ

Black vinegar sauce

- Pinch chicken stock granules 鶏ガラスープの素
- 1½ T / 18 g sugar
- 2 T / 30 ml black vinegar 黒酢
- 1 T / 15 ml low-sodium soy sauce しょうゆ
- 1 tsp / 3 g potato starch 片栗粉
- 80 ml water

Other

- 1½ T / 12 g potato starch (for coating) 片栗粉
- 2 tsp / 10 g canola oil



Instructions

1. Prepare the lotus root

- Peel and cut into irregular bite-sized pieces
- Soak briefly in water (about **5 minutes**), then drain and dry well

2. Prepare the pork

- Cut into irregular bite-sized pieces
- Season with **ginger juice** and **soy sauce**; mix well and let **rest for 10 minutes**

3. Coat the pork

- Sprinkle **potato starch** over the pork and toss to coat evenly
- Let sit **1–2 minutes**
- Drizzle **canola oil** over the pork and toss again lightly

4. Preheat the air fryer

- Preheat to **180°C** for about **3–4 minutes**

5. Cook the lotus root

- Place in a single layer in the basket
- Cook at **180°C** for **8 minutes**
- Shake once halfway through

- 6. Add pork and bell pepper**
 - Add pork and bell pepper evenly
 - Cook at **180°C** for **6–7 minutes**
- 7. Finish crisping**
 - Increase temperature to **200°C**
 - Cook for **3–4 minutes** until lightly browned
- 8. Prepare the sauce**
 - Mix all sauce ingredients in a bowl
 - Heat in a pan or microwave until slightly thickened
- 9. Combine and finish**
 - Toss the hot pork and vegetables with the sauce
 - Mix until evenly coated and glossy
 - Serve immediately

Notes

Server with either Light Sesame-Soy Cabbage Salad or Warm Napp Cabbage with Ginger-Soy. (See website under “Recipes for a Healthier Me” ⇒ Vegetarian ⇒ Other

<https://boidonoreshipi.techtrans-japan.com/weight-control-recipes/>

Nutrition (per serving)

Kcal: 310 | Protein: 22 g | Fat: 10 g | Sat Fat: 3 g | Carbs: 34 g | Sugars: 14 g |
Fiber: 4 g | Sodium: 700 mg | Omega-3: 0.2 g