

Gingered Pork Stir Fry

Makes: 5, ½ cup portions

Ingredients:

Canola Oil: 1 tsp.

Sesame Oil: 1 tsp.

Boneless Pork Roast Butt, Shaved: 8 oz.

Yellow Pepper, large diced: 2 Tbsp.

Green Bell Pepper: 2 Tbsp.

Red Bell Pepper: 2 Tbsp.

Yellow Onion: 1 ¼ oz.

Fresh Bok Choy, chopped: 3 ¼ oz.

Fresh Celery, bias-cut: 2 Tbsp.

Water Chestnuts: 4 oz.

*****Combine following for sauce***:***

Fresh Garlic, peeled and minced: 1 ½ tsp.

Fresh Ginger: 1 ¾ tsp.

Tamari Soy Sauce: 2 Tbsp.

Honey: 1 Tbsp.

Water: 3 Tbsp.

Ketchup: 1 Tbsp.

Cornstarch: 2 tsp.

White Sesame Seeds, toasted: 1 tsp.

Instructions:

1. Heat braiser to 350°F.
2. Add canola and sesame oil and sear pork until it is lightly browned.
3. Add fresh vegetables: peppers, onion, Bok choy, celery, and water chestnuts. Sauté until they begin to sweat.
4. Combine garlic, ginger, soy sauce, honey, water, ketchup, cornstarch, and sesame seeds to make a sauce. Set aside.
5. Add sauce as needed to vegetables and pork. Stir before adding.
6. Serve with rice or appropriate starch sub as rice noodles or soba.