

Stir-fried Ginger Pork & Snap Peas



Ingredients

1 pork tenderloin, well-trimmed, about 12 oz / 0.375 kg
1 Tbsp / 15 mL canola oil
1 Tbsp / 15 mL grated ginger root
2 cloves garlic, minced
½ tsp / 2 mL red pepper flakes
2 cups / 500 mL sugar snap peas, trimmed
½ cup / 125 mL sodium-reduced beef broth
¼ cup / 50 mL oyster sauce
Hot cooked jasmine or basmati rice for serving

Directions

1. With sharp knife, slice tenderloin across the grain into ¼-inch thick pieces; set aside.
2. In large nonstick skillet, heat oil over medium-high heat. Stir-fry ginger, garlic and red pepper flakes until fragrant, 30-45 seconds.
3. Add pork and stir-fry until almost cooked through, 2-3 minutes.
4. Add snap peas and stir-fry until warmed through yet tender crisp, about 2 minutes.
5. Scrape contents of skillet into a bowl; set aside.
6. Add broth to skillet and bring to a boil, scraping up brown bits from bottom of skillet. Reduce heat and simmer until slightly reduced, about 3 minutes.
7. Stir in oyster sauce.
8. Return pork and snap pea mixture to skillet; stir to combine with sauce.
9. Serve over hot cooked rice.

Additional Info

- **Cut:** Tenderloin
- **Prep Time (Minutes):** 10
- **Cook Time (Minutes):** 15
- **Number of Servings:** 4