

Pork & Cashew Stir-Fry



Ingredients

2 Tbsp / 30 mL canola oil
1 pork tenderloin, well-trimmed, about 12 oz / 0.375 kg, cut into thin strips
2 Tbsp / 30 mL soy sauce
2 medium carrots, sliced
1 green bell pepper, seeded and diced
½ cup / 125 mL unsalted roasted cashews
½ tsp / 125 mL red pepper flakes
2 Tbsp / 30 mL packed brown sugar
1 Tbsp / 15 mL cornstarch
3 Tbsp / 45 mL water
Salt to taste
Hot cooked rice for serving

Directions

1. In nonstick skillet or wok, heat oil over high heat. Add pork and stir-fry until pork begins to brown, 3-4 minutes.
2. Add soy sauce; stir-fry one minute.
3. Reduce heat to medium. Add carrots, cover skillet or wok and cook 3 minutes.
4. Add bell pepper, cashews and red pepper flakes; stir-fry 3-4 minutes.
5. Sprinkle mixture with brown sugar and stir until dissolved, about 1 minute.
6. In small bowl, dissolve cornstarch in water. Add to skillet or wok. Stir and cook until sauce thickens and clears.
7. Season with salt according to taste.
8. Serve over hot cooked rice.

Additional Info

- **Cut:** Tenderloin
- **Prep Time (Minutes):** 20
- **Cook Time (Minutes):** 15
- **Number of Servings:** 4