

# Quick & Crispy Mongolian Pork



## Ingredients

1 pork tenderloin, well-trimmed, about 12 oz / 0.375 kg  
½ tsp / 2 mL EACH salt and ground black pepper  
¼ cup / 50 mL sodium-reduced soy sauce  
1 tsp / 5 mL cornstarch  
2 Tbsp / 30 mL honey  
2 cloves garlic, minced  
¼ - ½ tsp / 1-2 mL red pepper flakes  
¼ tsp / 1 mL ground ginger  
4 Tbsp / 60 mL cornstarch, divided  
Canola oil for frying  
Hot cooked rice and steamed vegetables for serving  
Sesame seeds for garnish

## Directions

1. With sharp knife, butterfly pork tenderloin by slicing horizontally to, but not through, opposite side. Open tenderloin as you would a book. Flatten slightly with palm of hand to ½-inch thickness.
2. Slice tenderloin against the grain into short ¼-inch wide strips.
3. In large bowl, season pork strips with salt and pepper. Set side.
4. In small bowl, whisk soy sauce with first amount of cornstarch.
5. Add honey, garlic, red pepper flakes and ground ginger. Stir to combine. Set aside.
6. In large skillet, heat ¼-cup oil over medium-high heat.
7. Just before frying, divide pork strips into 4 equal portions. Dredge first portion of pork strips in 1 Tbsp cornstarch ensuring that all sides are lightly coated.
8. Immediately drop pork strips into hot oil. Cover skillet with splatter screen. Fry for 3-5 minutes or until lightly browned, turning once.
9. Remove cooked pork strips to a clean plate lined with paper towels. Repeat process with remaining pork strips, adding more oil to skillet as needed.
10. Remove skillet from heat and let cool slightly. Using tongs, carefully wipe skillet with paper towels to remove excess oil. Return skillet to warm element and turn heat to medium-low.

11. Return cooked pork strips to skillet. Re-whisk sauce mixture and add to skillet, stirring often to ensure sauce does not burn. Remove skillet from heat as soon as sauce thickens, and pork strips are well-coated.
12. Serve pork strips with hot cooked rice and steamed vegetables.
13. Garnish with sesame seeds.

## **Additional Info**

- **Cut:** Tenderloin
- **Prep Time (Minutes):** 20
- **Cook Time (Minutes):** 20
- **Number of Servings:** 3-4