

Sesame Pork with Broccoli



Ingredients

2 cups / 500 mL sodium-reduced chicken broth
2 Tbsp / 30 mL cornstarch
1 Tbsp / 15 mL sodium-reduced soy sauce
4 green onions, chopped
1 lb / 0.5 kg pork stir-fry strips
1 clove garlic, minced
6 cups / 1.5 L fresh broccoli florets
½ red bell pepper, sliced into short strips
2 Tbsp / 30 mL sesame seeds, lightly toasted
Hot cooked rice or Asian noodles for serving

Direction

1. In large glass bowl or measuring cup, combine chicken broth, cornstarch and soy sauce. Stir in green onions.
2. In nonstick skillet, heat oil over medium-high heat. Stir-fry pork and garlic 3-4 minutes. Remove from skillet; cover to keep warm.
3. Add broccoli and liquid to skillet. Reduce heat to low; cover and simmer 8 minutes.
4. Return pork to skillet. Add red pepper strips. Cook just until peppers begin to soften and mixture is heated through; 3-4 minutes. Stir often.
5. Sprinkle with sesame seeds.
6. Serve stir-fry over rice or Asian noodles.

Additional Info

- **Cut:** Stir-fry strips
- **Prep Time (Minutes):** 10
- **Cook Time (Minutes):** 20
- **Number of Servings:** 6-8