

Pork Kung Pao with Peppers & Cashews



Ingredients

1 pork tenderloin, well-trimmed, about 12 oz / 0.375 kg
1/3 cup / 80 mL unseasoned rice vinegar
4 Tbsp / 60 mL sodium-reduced soy sauce
1 Tbsp / 15 mL honey
2 tsp / 10 mL sambal oelek
1 tsp / 5 mL sesame oil
1 Tbsp / 15 mL cornstarch mixed with 1 Tbsp / 15 mL water
2 Tbsp / 30 mL canola oil
2 cloves garlic, minced
1 tsp / 5 mL grated ginger root
1 large red bell pepper, cut into bite-size pieces
4 green onions, thinly sliced on diagonal
1/3 cup / 80 mL cashews, chopped and toasted
Hot cooked basmati or jasmine rice for serving

Directions

1. With sharp knife, slice tenderloin into bite-size pieces; set aside.
2. In 1-cup measuring cup, whisk together rice vinegar, soy sauce, honey, sambal oelek, sesame oil and cornstarch mixture; set aside.
3. In large sauté pan or wok, heat oil over high heat, about 1 minute.
4. Add pork and stir-fry until meat begins to brown, 4-5 minutes.
5. Reduce heat to medium. Add garlic and ginger; stir-fry just until fragrant, about 30 seconds.
6. Add bell pepper; stir to combine.
7. Briefly re-whisk sauce, add to pan and return to high heat. Cook until sauce thickens, stirring often, about 3 minutes.
8. Garnish with green onion and toasted cashews.
9. Serve over hot cooked rice.

Additional Info

- **Cut:** Tenderloin
- **Prep Time (Minutes):** 20
- **Cook Time (Minutes):** 10
- **Number of Servings:** 4-6