

# Pork & Pepper Stir-Fry



## Ingredients

1 lb / 0.5 kg pork stir-fry strips  
1 Tbsp / 15 mL sodium-reduced soy sauce  
2 tsp / 10 mL sesame oil  
1 Tbsp / 15 mL cornstarch  
1 Tbsp / 15 mL canola oil, divided  
2-3 cloves garlic, minced  
1 tsp / 5 mL grated ginger root  
1 small yellow onion, sliced into thin wedges  
2-3 bell peppers, seeded and cut into bite-size pieces  
¼ cup / 50 mL chicken broth  
3 Tbsp / 45 mL bottled stir-fry sauce  
½ tsp / 2 mL red pepper flakes  
Hot cooked rice or Asian-style noodles for serving  
Toasted sesame seeds for garnish (optional)

## Directions

1. Place pork strips in large bowl. Set aside.
2. In small bowl, whisk soy sauce and sesame oil with cornstarch until well-blended. Pour mixture over pork strips. Stir to combine and let stand 30 minutes.
3. In large sauté pan or wok, heat 2 tsp oil over high heat. With tongs, transfer some of the pork strips to the hot pan. Stir-fry pork strips in batches, just until lightly browned. Transfer to a clean plate.
4. Add remaining oil to pan. Add garlic and ginger; stir-fry just until fragrant, about 30 seconds.
5. Add onions and peppers to pan. Stir-fry until onions are slightly softened, about 3 minutes.
6. Return pork strips and any accumulated juices to pan. Add broth, stir-fry sauce and red pepper flakes. Stir to combine. Cook until pork strips are heated through, peppers are tender crisp and sauce is slightly thickened, about 5 minutes.
7. Serve stir-fry over hot cooked rice or Asian-style noodles.
8. Garnish with sesame seeds, if desired.

## **Additional Info**

- **Cut:** Stir-fry strips
- **Prep Time (Minutes):** 25
- **Cook Time (Minutes):** 15
- **Number of Servings:** 4