

Ginger Pork Stir-Fry with Bok Choy

By Katie Webster

“Healthy Seasonal Recipes” website

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Total time: 15 minutes

Yield: 4 servings

“This super speedy 15-minute ground pork stir-fry is mixed with fresh ginger, baby bok choy, scallions and Chinese Five Spice seasoning. Serve it over cauliflower rice for a paleo friendly meal, or toss with Chinese egg noodles.”

Ingredients

1 tablespoon plus 1 teaspoon coconut oil
1 bunch scallions, chopped, whites and green parts divided
1 tablespoon finely grated or minced ginger root
1 pound ground pork
2 teaspoons Chinese 5-spice powder
1 teaspoon Sambal Oelek or Sriracha, or more to taste
½ teaspoon salt
2 baby Bok choy, cores cut out, chopped into bite-sized pieces
1 8-ounce can chopped sliced water chestnuts, drained and chopped
2 tablespoons lime juice
1 tablespoon maple syrup, preferably dark
Soy Sauce, tamari or coconut aminos for serving
Additional Sambal Oelek or Sriracha for serving

Instructions

1. Heat oil in a large heavy bottomed skillet or wok over high heat. Add scallion whites and ginger, and stir fry until fragrant, 30 to 90 seconds. Add pork, and cook, crumbling with a spatula until the pork is completely cooked through and crumbled, 4 to 5 minutes.
2. Dust 5 spice, Sambal Oelek (or Sriracha) and salt over the pork and stir to coat.
3. Add bok choy, water chestnuts, lime juice, maple and the reserved scallion greens and stir to combine. Cook, stirring until steaming hot and mixed together, 2 to 3 minutes.

Notes

Substitute one half of a medium Bok Choy for baby bok choy if unavailable.