

Pork and Bok Choy Stir-Fry Recipe

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Active: 35 minutes

Total: 35 Minutes

Yield: Serves 6

1-1/2 pounds pork tenderloins

1/4 teaspoons black pepper

1-1/4 teaspoons kosher salt, divided

3 tablespoons peanut oil, divided*

1/2 pound bok choy, cut into 1-inch pieces (about 3 cups)

3 cups matchstick carrots

1 small red onion, thinly sliced

1 tablespoon minced, peeled fresh ginger

2 cloves garlic, minced

1-1/2 teaspoons cornstarch

3/4 cup chicken stock, divided

1/4 fresh orange juice

2 tablespoons soy sauce

Hot cooked rice*

Directions

1. Cut pork into 1/2-inch-thick slices; cut each slice into 3 to 4 (1-inch-long) pieces. Season with pepper and 1/2 teaspoon of the salt.
2. Heat 1 tablespoon of the oil in a large skillet or wok over high. Add half of pork; cook, stirring, until browned, 2 to 3 minutes. Remove from skillet. Repeat with 1 tablespoon of the oil and remaining pork.
3. Heat remaining 1 tablespoon oil in skillet. Add bok choy, carrots, onion, ginger, and garlic; cook, stirring, until vegetables are tender-crisp, 3 to 4 minutes.
4. Whisk together cornstarch and 1 tablespoon of the broth in a bowl; set aside. Stir together orange juice, soy sauce, and remaining broth in a separate bowl. Pour orange juice mixture over vegetable mixture in skillet; bring to a simmer over medium-high. Add pork and remaining 3/4 teaspoon salt; simmer until meat is just done, 1 to 2 minutes. Add cornstarch mixture; cook, stirring, until thickened, about 1 minute. Serve stir-fry over hot cooked rice.

*I used corn oil and Jasmine rice.