

LiveBetter with MedWatch

Speedy Kung Pao Pork Stir-Fry

Ingredients

- 1 (8-ounce) package Chinese-style plain noodles
- 1 Tbsp. vegetable oil
- 2 cups green bell pepper, ¼ -inch slices
- 1 (8-ounce) package shredded carrots
- 1/4 cup water
- 1 1/2 Tbsp. thinly sliced green onions
- 2 Tbsp. lemon juice
- 1/4 cup chopped dry-roasted peanuts

Marinade:

- 1 3/4 pounds pork tenderloin
- 1 Tbsp. peeled and minced fresh ginger
- 1 Tbsp. bottled minced garlic
- 1 tsp. cornstarch
- 2 tsp. low-sodium soy sauce
- 1 tsp. water
- 1 tsp. sake (rice wine)

Preparation

1. To prepare marinade, trim fat from the pork and cut into ½-inch wide strips.
2. Combine pork, ginger, garlic, cornstarch, soy sauce, water and sake; let mixture stand 5 minutes.
3. Prepare noodles according to package directions, omitting salt; keep warm.
4. Heat oil in a large, nonstick skillet over medium-high heat.
5. Add the pork mixture and stir-fry for 3 minutes or until pork loses its pink color.
6. Add the sliced bell pepper and shredded carrot; stir-fry 1 minute.
7. Stir in ¼ cup water, onions, chili garlic sauce and juice; cook 2 minutes.
8. Serve over noodles and sprinkle with peanuts.

Make 4 servings. Serving size: 1 cup stir-fry and ¾ cup noodles.



Nutrition Analysis

Per serving: 389 calories, 11 g fat (2 g saturated fat), 55 mg cholesterol, 45 g carbohydrate, 27 g protein, 553 mg sodium



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