

RECIPE OF THE MONTH

PORK WITH BROCCOLI STIR-FRY

Pork tenderloin is quick and easy to slice, but any lean cut of pork is fine. The author recommends keeping a bottle of hoisin sauce in the refrigerator and adding a splash to stir-fry for extra flavour. Omit it if you are on a low-sodium diet. Serve over hot rice or pasta.

375 g	lean, boneless pork*	3/4 lb
15 mL	cornstarch	1 tbsp
15 mL	low-sodium soy sauce	1 tbsp
15 mL	sherry	1 tbsp
1	bunch broccoli	1
25 mL	vegetable oil	2 tbsp
2	cloves garlic, minced	2
25 mL	minced gingerroot	2 tbsp
50 mL	water	1/4 cup
25 mL	hoisin sauce (optional)	2 tbsp


Slice pork thinly across the grain. In bowl, stir together cornstarch, soy sauce and sherry; add pork and stir to coat well.

Separate broccoli into florets; peel stalks, then cut into 4 cm (1 1/2 inch) pieces.

In wok or large non-stick skillet, heat oil over high heat. Add pork mixture; stir-fry for two minutes or until meat is lightly browned. Stir in garlic, ginger and broccoli; stir-fry for two minutes.

Add water; cover and steam for two minutes or until broccoli is tender-crisp. Stir in hoisin sauce, if using.

Variation: Substitute 375 g (3/4 lb) sliced, boneless chicken or turkey for pork.

*Lean cuts of pork: Pork tenderloin is the leanest cut of pork. Other lean cuts come from the leg, picnic shoulder, and loin (tenderloin or centre). 

Makes four servings.

This recipe was taken from *Lighthearted Everyday Cooking* by Anne Lindsay. Copyright Anne Lindsay, 2002. Reprinted with permission of Macmillan Canada, an imprint of CDG Books Canada, Inc.

Per Serving	
Calories	220
Total fat	10 g
Saturated fat	2 g
Fibre	3 g
Protein	23 g
Carbohydrate	9 g
Cholesterol	46 mg
Sodium	180 mg
Potassium	575 mg
Good:	
Vitamin A, Iron	
Excellent:	
Vitamin C, Thiamin, Riboflavin, Niacin	

