
Marinated Stir Fry Pork with Vegetables

Total time: 30 min Yield: 3 servings

Ingredients

1 lb pork (thinly sliced)
1 onion (julienne sliced)
1 carrot (julienne sliced)
4 stalks green onion (cut into 1.5" lengths)
1/2 yellow squash (julienne sliced)
1/2 cup green bell pepper (julienne sliced)
1/2 cup shoyu
3 Tbsp honey
3 Tbsp Korean chili flakes (coarse)
1 tsp ground black pepper
3 Tbsp sesame seed oil
6 clove garlic (thinly sliced)
2" pieces ginger (julienne sliced)
salad oil

Prep Time: 20 min Cooking Time: 10 min Total Time: 30 min

Instructions

Place the pork, onion, carrot, green onion, squash and bell pepper into a bowl and mix well.

In a small bowl, combine the shoyu, honey, chili pepper flakes, black pepper, sesame seed oil, garlic and ginger and mix well. Pour the marinade over the pork and vegetable mixture and mix well to ensure all of the ingredients are covered. Refrigerate for 30 minutes to a few hours, until ready to cook.

Remove the pork and veggie mixture from the fridge. Add a little salad oil to a skillet or sauté pan over high heat, then add the marinated ingredients and stir fry for 5 minutes until pork is cooked through. If recipe is doubled, stir fry for 10 minutes.

Chef's Note: This is a favorite to cook in a skillet or sauté pan on a gas or charcoal grill while camping. In modern times, this cooked mixture is also served in a buttered and grilled hamburger or hot dog bun as a sandwich or used as a filling rolled in rice and nori sheets to make a style of Korean Sushi Roll (kimbap).

Recipe brought to you by:

Chef Grant Sato