

Pork Stir Fry with Green Onion



You can substitute the green onions with Chinese chives (much thicker than regular chives), if available.

If you want to spice this up a bit, add some chile pepper flakes to the hot oil with the garlic, and/or add some minced fresh ginger with the pork.

The base recipe is adapted from one in [The Cultural Revolution Cookbook](#) by Sasha Gong and Scott Seligman.

Prep time: 20 minutes **Cook time:** 5 minutes **Yield:** Serves 4

INGREDIENTS

- 1 pound pork loin or boneless pork chops
- 2 tablespoons soy sauce (use gluten-free soy sauce if cooking gluten-free)
- 1 teaspoon sugar
- 1 teaspoon cornstarch
- 4 tablespoons peanut oil or canola oil
- 5 cloves garlic, thinly sliced
- 8-12 scallions/green onions, sliced diagonally into 1 to 2-inch pieces, green and white parts included
- 1/2 teaspoon sesame oil (optional)
- [Cooked rice](#), to serve

METHOD

1 Prepare the pork: Pork chops tend to come in thicknesses either around 1/2 inch thick or an inch thick. If you are working with a thick boneless pork chop, start by slicing it into two thin layers, horizontally. If starting with pork loin, cut slices 1/2 inch thick.

Put the slices under some plastic wrap or wax paper and pound them thin with a rubber mallet, meat mallet or even an empty wine bottle. This will help tenderize the meat. The slices should be about 1/4 inch thick.

Cut the pork across the grain into thin strips, about 1 1/2 inches long.

2 Marinate the pork: Put the soy sauce, sugar, and cornstarch into a large bowl and whisk to combine. Add the pork strips to the bowl with the marinade and toss to coat completely. Set aside for at least 10 minutes.

3 Stir fry pork on high heat: Heat the peanut oil in a wok or large sauté pan on high heat. When the oil is hot (shimmering but not smoking) add the garlic slices and stir-fry until they begin to turn brown at the edges, about 30 seconds.

Add the pork strips and stir-fry until the pork changes color, about 90 seconds, stirring constantly.

4 Add in green onions and sesame oil: Add the sliced green onions and continue to stir-fry for another minute, or until the green onions wilt. Turn off the heat and stir in the sesame oil, if using.

5 Serve! Serve immediately. Serve alone (paleo and low carb), or with rice.

from Simply Recipes ~ https://www.simplyrecipes.com/recipes/pork_stir_fry_with_green_onion/