

# Pork & Mango Stir Fry with Bell Pepper & Sugar Snap Peas



40 minutes | 2 servings

## Find cookware

[chef's knife](#)  
[colander](#)  
[cutting board](#)  
[garlic press \(optional\)](#)  
[grater \(optional\)](#)  
[measuring cups](#)  
[measuring spoons](#)  
[mixing bowls](#)  
[stainless steel skillet](#)  
[stirring spoon](#)  
[tongs](#)  
[vegetable peeler](#)  
[whisk or fork](#)

## Grab ingredients

|                  |                            |
|------------------|----------------------------|
| 4 fl oz          | chicken or vegetable broth |
| 1 clove          | garlic                     |
| 1 (1 inch) piece | ginger root                |
| ½ small bunch    | green onions (scallions)   |
| 1                | mango                      |
| 2                | pork chops, boneless       |
| 1                | red bell pepper            |
| 1 (8 oz) pkg     | sugar snap peas            |
|                  | black pepper               |
|                  | cornstarch                 |
|                  | crushed red pepper         |
|                  | salt                       |
|                  | soy sauce                  |
|                  | virgin coconut oil         |

## Cook & enjoy

- 1 Wash and dry the fresh produce.  
1 (8 oz) pkg sugar snap peas  
1 mango  
1 red bell pepper  
1 (1 inch) piece ginger root  
½ small bunch green onions (scallions)
- 2 Peel the mango, then slice off the flesh from the pit, starting with the flatter sides; discard the pit and large dice the flesh (cut into ¾-inch cubes). Transfer the mango to a small bowl.
- 3 Quarter the bell pepper lengthwise; remove and discard the stem, seeds, and membranes. Large dice the pepper (cut into ¾-inch cubes) and transfer to a medium bowl.
- 4 Halve the sugar snap peas at an angle and add to the bowl with the bell pepper.
- 5 Trim off and discard the ends of the green onions; cut the onions crosswise into ¼-inch pieces at an angle and transfer to a small bowl.
- 6 Peel and grate or mince the ginger. Transfer the ginger to a small bowl.
- 7 Trim off and discard the root end of the garlic; peel and mince or press the garlic. Add the garlic to the bowl with the ginger.  
1 clove garlic
- 8 Preheat a skillet over medium-high heat.
- 9 While the skillet heats up, pat dry the pork chops with paper towels and place on a cutting board; thinly slice crosswise into bite-sized strips.  
2 pork chops, boneless
- 10 Once the skillet is hot, add coconut oil and swirl to coat the bottom.  
½ tbsp virgin coconut oil

- 11 Add the pork strips to the skillet and season with salt and pepper; cook, tossing occasionally, until the pork is browned and cooked through, 3 to 4 minutes total. Once done, transfer to a bowl.  
1/2 tsp salt  
1/4 tsp black pepper
- 12 Once the pork has been transferred, add more coconut oil to the skillet followed by the ginger, garlic, and crushed red pepper; stir until fragrant, 15 to 30 seconds.  
1/2 tbsp virgin coconut oil  
1/8 tsp crushed red pepper
- 13 Add the bell pepper and snap peas to the skillet; cook, tossing occasionally, until the vegetables are lightly browned and tender-crisp, 3 to 4 minutes.
- 14 While the vegetables cook, in a small bowl, combine and whisk together cornstarch, broth, and soy sauce.  
2 tsp cornstarch  
4 fl oz (1/2 cup) chicken or vegetable broth  
2 tbsp soy sauce
- 15 Return the pork to the skillet, then add the mango, 3/4 of the green onions (save the rest for garnishing), and sauce. Cook, stirring constantly, until the stir fry is heated through and the sauce is thickened, 2 to 3 minutes. Remove from the heat.
- 16 To serve, add the stir fry to a dinner bowl and garnish with the remaining green onions. Enjoy!