

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 $\frac{3}{4}$ -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 $\frac{3}{4}$ -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 $\frac{1}{4}$ -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.
1 clove garlic
- 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.
- 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.
½ tsp salt
¼ 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.
½ tbsp virgin coconut oil
⅛ 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 (½ cup) chicken or vegetable broth
2 tbsp soy sauce
- 15 Return the pork to the skillet, then add the mango, ¾ 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!