

# Easy Pork Stir Fry

[Deanne Frieders](#)

Pork Stir Fry is the perfect idea for a week night meal! Serve over rice, cauliflower rice, or noodles of your choice.

4 servings



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Prep Time

10 minutes

Cook Time

15 minutes

Total Time

25 minutes

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## INGREDIENTS

- ¼ cup reduced sodium soy sauce
- 1 teaspoon minced garlic
- ½ cup water
- ¼ cup honey
- 1 tablespoon cornstarch
- 1 pound pork tenderloin
- 1 Tablespoon olive oil
- 24 ounces frozen stir-fry vegetable blend

## INSTRUCTIONS

1. In a small bowl, mix soy sauce, water, garlic, honey and cornstarch. Set aside.
2. Slice the tenderloin in half lengthwise to make 2 pieces, then slice into smaller slices approximately ¼ inch thick. Set aside.
3. Heat a large skillet over medium high heat. Add oil to lightly coat the pan.

Add pork pieces and cook, stirring, until the pork is almost completely cooked, about 4 minutes.

4. Add frozen veggies to the pan and cook over medium high heat until thawed and no longer frozen.
5. Increase the heat to high. Add the stir fry sauce to the pan and cook over high heat, stirring constantly, until the mixture begins to boil.

Reduce heat to low and cook for 1-2 minutes. Remove from heat. Sauce will thicken and coat the stir fry as it cools.

Serve over rice, cauliflower rice or noodles of your choice.

Pork should be cooked to a temperature of 145°F when measured with a meat thermometer.

**Soy Sauce Substitute:** You can substitute tamari or coconut aminos for the soy sauce.

## NOTES

Serve over rice, cauliflower rice or noodles of your choice.

Pork should be cooked to a temperature of 145°F when measured with a meat thermometer.

**Soy Sauce Substitute:** You can substitute tamari or coconut aminos for the soy sauce.

## NUTRITION

Serving: 1 serving

Calories: 371kcal

Carbohydrates: 43g

Protein: 30g

Fat: 10g

Saturated Fat: 2g

Cholesterol: 74mg

Sodium: 673mg

Fiber: 7g

Sugar: 18g

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