

Pork & Bok Choy Stir-Fry

From – eatingwell.com

8 oz soba or rice noodles
¾ to 1 lb pork tenderloin, trimmed
1/3 cup water
¼ cup Shao Hsing rice wine or dry sherry
2 Tbsp reduced-sodium soy sauce
2 tsp cornstarch
1 Tbsp peanut oil or canola oil
1 medium onion, thinly sliced
1 lb bok choy, trimmed and cut into long thin strips
1 Tbsp chopped garlic
1 Tbsp chile-garlic sauce

- Bring a large saucepan of water to a boil. Add noodles and cook according to package directions. Drain, rinse with cold water and set aside.
- Meanwhile, slice pork into thin rounds, cut each round into matchsticks.
- Whisk water, rice wine or sherry, soy sauce and cornstarch in a small bowl.
- Heat oil in Dutch oven over medium heat.
- Add onion and cook, stirring occasionally, until beginning to soften, 2 to 3 minutes.
- Add bok choy and cook, stirring occasionally, until beginning to soften, about 5 minutes.
- Add the pork, garlic and chile-garlic sauce. Cook, stirring, until the pork is just cooked through, 2 to 3 minutes.
- Whisk the cornstarch mixture again. Add it to the pan and bring to a boil.
- Cook, stirring, until the sauce has thickened, 2 to 4 minutes.
- Serve the pork and vegetables over the noodles.



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