



# Pork and Chive Stir Fry

**PREP TIME**

12 min

**TOTAL TIME**

12 min

**Nutrition Information Per Serving**

Makes 3 (1 Cup) servings

**FAT**

7g

**PROTEIN**

18g

**CARBS**

7g

**CALORIES**

151

**Ingredients**

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1 Tbs Canola Oil

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4 quarter inch thick coins of ginger

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2 cloves garlic, thinly sliced

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½ lb lean pork, sliced into matchsticks

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3 Tbs light soy sauce

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2 Cups yellow chives, cut into 2 inch pieces

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1 Cups mung bean sprouts

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Salt, to taste

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## Instructions

1. Cut up the meat and mix it in a bowl with 2 Tbs of soy sauce. Set aside while you finish cutting up everything else you need.
2. Heat a large pan over medium-high heat. Add the oil. Once hot, add the ginger coins and let them sizzle for about 30 seconds before adding the garlic and shallots. Stir and cook until softened, about 1 minute
3. Add the pork along with the soy sauce. Stir constantly until the exterior of all the bits of pork look cooked, about 2 minutes. Add the yellow chives, bean sprouts, and remaining soy sauce. Continue to stir until both the sprouts and chives wilt. About 2 minutes.
4. Taste the dish and add salt to taste. Cook for another minute before serving.

### Pro Tips:

- The ginger coins are used to flavor the oil, and should not be eaten. If one ends up on your plate, push it to the side.
- Yellow chives are grown away from the sun, so they are milder than the green variety that are easier to find in Asian supermarkets. If you can't find yellow chives, green ones will suffice.

*Recipe courtesy of Virta Employee, Eva S.*