

Szechuan Pork Stir Fry

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/szechuan-pork-recipe-chinese>

Ingredients:

- 2 tablespoons low sodium soy sauce use tamari if gluten free
- 2 tablespoons rice wine or sake
- 1 teaspoon dark sesame oil
- 1 teaspoon cornstarch
- 1 clove garlic
- 1 pound pork loin cut into bite-sized pieces
- 1/2 cup chicken broth
- 2 tablespoons brown sugar
- 2 1/2 tablespoons low sodium soy sauce
- 2 tablespoons rice wine
- 1 tablespoon vinegar Chinese, or Worcestershire sauce
- 1 teaspoon cornstarch
- 1 teaspoon dark sesame oil
- 1 1/2 tablespoons peeled fresh ginger minced
- 1 1/2 tablespoons minced garlic
- 1 teaspoon chile paste with garlic
- 1 brown onion small, cut into bite sized pieces
- 1 cup red bell pepper cut into bite sized pieces
- 1/2 cup sliced green onions set aside for garnish, optional
- 2/3 cup peanuts
- vegetable oil for stir-frying

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 70 milligrams
4. Fat: 34 grams
5. Fiber: 4 grams
6. Protein: 32 grams

7. SaturatedFat: 7 grams
 8. Sodium: 680 milligrams
 9. Sugar: 9 grams
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