



Pork Teriyaki Stir Fry

INGREDIENTS:

8 oz.	Pork tenderloin, trimmed, and cut into medium sized pieces
1/2 cup	Red peppers, chopped
1/2 cup	Yellow peppers, chopped
1 cup	Onion, sliced
2 cups	Broccoli, cleaned, trimmed into florets
2 cups	Carrots, peeled, sliced
1 T.	Garlic, minced
4 ounces	cooked Udon noodles
1/2 cup	H3 Teriyaki sauce

PREPARATION:

- Preheat wok or sauté pan.
- Lightly spray sauté pan with non-stick cooking spray.
- Sauté garlic and onions.
- After onions turn soft and translucent, add carrots.
- Then add broccoli and sauté until el dente (soft yet has a bit of crunch)
- Once vegetables are cooked then you can set them to the side.
- Now sauté the pork tenderloin pieces until nicely browned.
- Drizzle stir fry mix with teriyaki sauce.
- Place stir fry mix over a 1 cup cooked noodles.

Number of Servings: 2

Calories: 300

Fat grams: 4

