

Pork & Broccoli Stir Fry

Taken from Lighthearted Everyday Cooking by Anne Lindsay
Serve with Rice. Makes 4 servings.

3/4 lb.	Lean boneless pork (tenderloin)
1 tbsp	Cornstarch
1 tbsp	Soy sauce
1 tbsp	Sherry
1	Bunch broccoli
2 tbsp	Vegetable oil
1 Clove	Garlic, minced
2 tbsp	Minced ginger root
1/4 cup	Water
2 tbsp	Hoisin sauce

1. Slice pork thinly across the grain. In bowl, stir together cornstarch, soy sauce and sherry; add pork and stir to coat well.
2. Separate broccoli into florets; peel stalks, then cut into 1-1/2 inch pieces.
3. In wok or large nonstick skillet, heat oil over high heat.
4. Add pork mixture; stir-fry for 2 minutes or until meat is lightly browned.
5. Stir in garlic, ginger and broccoli; stir-fry for 2 minutes.
6. Add water; cover and steam for 2 minutes or until broccoli is tender-crisp.
7. Stir in Hoisin sauce.

Note: Boneless chicken or turkey can be substituted for pork.