

Dilly Pork Stir-Fry

A tasty dish with a “dilly-cious” lemon twist. Not your average stir-fry!

Water	1/4 cup	60 mL
Milk	1/4 cup	60 mL
Cornstarch	1 tbsp.	15 mL
Dill weed	2 tsp.	10 mL
Chicken bouillon powder	1 tsp.	5 mL
Lemon juice	1/2 tsp.	2 mL
Garlic powder	1/4 tsp.	1 mL
Cooking oil	1 tbsp.	15 mL
Thinly sliced carrot	1 1/4 cups	300 mL
Snow peas, trimmed	2 cups	500 mL
Sliced leek (white part only)	1 cup	250 mL
Cooking oil	1 tbsp.	15 mL
Pork tenderloin, trimmed of fat, cut into thin strips	1 lb.	454 g
Salt	1/4 tsp.	1 mL
Pepper	1/4 tsp.	1 mL

Combine first 7 ingredients in small bowl. Set aside.

Heat wok or large frying pan on medium-high until very hot. Add first amount of cooking oil. Add carrot. Stir-fry for about 2 minutes until tender-crisp. Transfer to medium bowl. Stir-fry snow peas and leek in same wok for 1 to 2 minutes until tender-crisp. Add to carrot.

Heat second amount of cooking oil in same wok. Add pork. Stir-fry for 3 to 4 minutes until no longer pink.

Add vegetables, salt and pepper. Stir. Stir cornstarch mixture. Add to pork mixture. Heat and stir for about 1 minute until sauce is boiling and thickened. Serves 4.

1 serving: 298 Calories; 12.4 g Total Fat (6.4 g Mono, 2.8 g Poly, 2.3 g Sat); 72 mg Cholesterol; 18 g Carbohydrate; 3 g Fibre; 28 g Protein; 421 mg Sodium

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