

## Pork, Asparagus and Snap Pea Stir-Fry

2 servings

- 122 g asparagus spears, trimmed and sliced into 3 cm pieces
- 79 g sugar snap peas, trimmed
- 67 g red bell pepper, cut into bite-sized pieces
- 31 g cashews, raw
- 239 g ground pork
- 15 g honey
- 2 g (thumb-keep) peeled and grated fresh ginger
- 2 tsp grated garlic (about 2 medium cloves)
- 2 tsp low-sodium soy sauce (or coconut aminos), divided
- 23 ml rice vinegar
- ½ tsp sesame oil
- 1 tsp 豆瓣醬, plus more to taste
- ½ T canola oil or olive oil
- 15 g thinly sliced scallions, for garnish



1. Cut the **asparagus** into pieces and set aside, along with the **snap peas**.
2. In a bowl, combine the **pork, honey, ginger, garlic** and ½ T of the **soy sauce**; mix well.
3. In a small bowl, combine the **rice vinegar, sesame oil, chili-garlic sauce** and the remaining ½ T of the **soy sauce**.
4. In a large wok, heat the **oil** over **medium-high**.
5. When the oil is shimmering, add the pork mixture and spread into an even layer. Cook for **2 to 3 minutes** until bottom browns.
6. Stir and break up pork; cook **3 to 5 minutes**, until fully browned and caramelized. Transfer to a plate.
7. Lower heat to **medium**; add the **asparagus** and **snap peas**. Stir-fry for 3-4 minutes until char tender.
8. Off the heat, return the pork to the pan and toss. Add the vinegar mixture and toss quickly with pan bits and stir, scraping the browned bits from the pan.
9. Serve garnished with scallions (and extra Sriracha if desired).

Additions/Variations:

- **Veggies boost:** Add 50 g sliced bell pepper or 30 g spinach/edamame for more color, nutrients, and fiber.
- **Crunch & plant fat:** Stir in 30 g cashews (or toasted sesame seeds) at end.
- **Flavor swap:** Add fresh herbs (cilantro), or zest lime for brightness.
- **Lean protein:** Use lean chicken to cut fat/calories.
- **Oil choices:** Substitute canola with olive oil for more monounsaturated fat.

Calories 567

Protein = 31.3

Fat = 39.4g

Sat. Fat = 11.2g

Carbs = 20.3

Sugars = 13.2g

Fiber = 2.7g

Sodium = 439mg