

## Stir-Fried Pork, Komatsuna & Bean Sprouts

(簡単今夜の夕飯！小松菜豚こまもやし炒め)

Serves 2–3



### Ingredients

- Pork komagire (豚こま切れ肉) – 190 g
- Salt – 1 g
- Coarse-ground black pepper – 0.3 g
- Potato starch – 1 tsp (3 g)
- Sesame oil – 1 tsp (5 ml) + extra as needed
- Bean sprouts – 150 g
- Cooked komatsuna (おひたし) – 80 g (stems and leaves separated)
- Oyster sauce – 18–20 g (≈ 1 Tbsp)
- Gochujang – 5 g (1 tsp)
- Light brown sugar – 1 g (¼ tsp)
- Low-sodium soy sauce or Kevala coconut aminos – 3 g (½ tsp)
- Salt + MSG blend – 0.8 g salt + 0.2 g MSG (≈ ⅓ tsp total)

### Instructions

1. **Prepare the sauce:**  
Mix **oyster sauce**, **gochujang**, **sugar**, and **soy sauce (coconut aminos)** in a small bowl. Set aside.
2. **Season the pork:**  
In a bowl or plastic bag, add **pork** with **salt** and **pepper**. Massage well, then add **potato starch** and mix again until lightly coated.
3. **Cook the pork:**  
Heat **sesame oil** in a frying pan over **medium heat**. Add the **pork** and stir-fry **about 2 minutes** until the color changes and pieces separate.
4. **Add the bean sprouts:**  
Add **bean sprouts** and stir-fry briefly (≈ **30 seconds**) until just starting to soften.
5. **Add sauce + komatsuna stems:**  
Pour in the **sauce** and add **komatsuna stems**. Cook **about 2 minutes** until liquid reduces slightly.
6. **Finish:**  
Add **komatsuna leaves**, toss lightly, and remove from heat immediately to preserve color and freshness.

### Serving Suggestions

Serve hot over rice for a quick weeknight dinner or as a *donburi* lunch. Top with a few drops of sesame oil or chili flakes for extra flavor.

### Notes

- Add a beaten egg at the end for extra protein and gloss.
- Substitute komatsuna with **spinach** or **bok choy** when out of season.
- Double easily — use a wide pan to avoid steaming.
- Total cook time ≈ 10 minutes.



### Nutrition

**Per Serving:** Kcal: 285 | Protein: 22 g | Fat: 19 g | Sat Fat: 3.4 g | Carbs: 8 g | Sugars: 3 g | Fiber: 2 g | Sodium: 665 mg (incl. MSG)

**Total Dish:** Kcal: 570 | Protein: 44 g | Fat: 38 g | Sat Fat: 6.8 g | Carbs: 16 g | Sugars: 6 g | Fiber: 4 g | Sodium: 1330 mg (incl. MSG)