

## New Potatoes & Pork Chinese-Style Stir-Fry

### 新じゃがと豚肉の中華炒め

Serves 2

#### Ingredients

##### Main Ingredients

- 200 g new potatoes  
新じゃが、キタアカリ or メークイン
- 200 g thin-sliced pork loin or pork belly  
豚ロース薄切り肉
- 1 T canola oil

##### Pork Seasoning

- ¼ tsp salt
- 1 tsp sake
- 1 tsp cornstarch

##### Oyster Sauce Stir-Fry Sauce

- ½ tsp grated garlic
- 1 T oyster sauce
- 1 T sake
- 1 tsp soy sauce (low sodium)
- ½ tsp grated ginger

##### Optional Finishing

- ¼ tsp sesame oil
- ½ tsp toasted sesame seeds



#### Instructions

##### 1. Prepare potatoes:

- Wash **potatoes** and leave the skin on. Cut into wedges.
- Microwave loosely covered for **3–4 minutes** until about 80% cooked.
- Let **rest 2 minutes** to dry slightly.

##### 2. Prepare pork:

- Cut **pork** into bite-size pieces and mix with **salt, sake** and **b.**
- Let **rest 10 minutes**.

##### 3. Cook pork:

- Heat **canola oil** in a skillet over **medium-high heat**.
- Add **pork** and cook until lightly browned.

##### 4. Add potatoes:

- Add the pre-cooked potatoes and stir-fry until edges begin to brown.  
If pan becomes dry add 1–2 tablespoons water and continue tossing.

##### 5. Add sauce:

- Mix **sauce ingredients** and add to the pan. Toss until everything is coated and sauce lightly thickens.
- Finish with **sesame oil** and sprinkle **sesame seeds** before serving.

### Nutrition (per serving)

Calories: 370 kcal | Protein: 26 g | Fat: 18 g | Sat Fat: 6 g | Carbs: 27 g | Sugars: 3 g | Fiber: 3 g | Sodium: 780 mg | Omega-3: 0.2 g

### Cooking Technique: Japanese Pre-Steam Potato Method

Potatoes are partially cooked in the microwave before stir-frying. This allows them to finish cooking quickly in the pan while the exterior browns slightly and the inside stays creamy.

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### Side Dish: Komatsuna Sesame Salad

Serves 2

#### Ingredients

- Komatsuna – 120 g
- Sesame seeds – 1 T
- Soy sauce – 1 tsp
- Sugar – 1/2 tsp
- Sesame oil – 1/2 tsp



#### Instructions

1. Blanch **komatsuna** in boiling water for about **30 seconds**.
2. Cool briefly and squeeze excess water.
3. Cut into 4 cm pieces.
4. Toss with **sesame seeds, soy sauce, sugar** and **sesame oil**.

### Side Dish: Takenoko & Greens Stir-Fry

Serves 2

#### Ingredients

- Boiled takenoko – 120 g
- Komatsuna or spinach – 80 g
- Sesame oil – 1 tsp
- Soy sauce – 1 tsp
- Sake – 1 tsp
- Optional sesame seeds



#### Instructions

5. Slice **takenoko** thinly.
6. Heat **sesame oil** in a skillet and stir-fry takenoko for about **2 minutes**.
7. Add **greens** and cook until wilted.
8. Add **soy sauce** and **sake** and toss to coat.
9. Finish with **sesame seeds** if desired.