



Ginger Pork, Eggplant, and Bok Choy Stirfry

MyPlate2Yours - Lynn Dugan

Ingredients

1 pound pork tenderloin
1/4 cup rice wine
1/4 cup light soy sauce
1 tablespoon sriracha sauce (or chili garlic sauce)
2 teaspoons minced ginger, divided
2 or 3 baby eggplants (1 pound), cut into 1/2 inch moons
1 medium sweet onion, quartered and sliced
4 bunches baby bok choy, separate leaves from white stem. Cut stem into 1/2 inch pieces, cut leaves same
1/2 cup shredded carrots
2 tablespoons vegetable oil
2 cloves garlic, minced
1/4 cup fresh cilantro, chopped

Directions

Cut the pork into 1/4-inch slices and place in a medium bowl. Mix marinade: wine, soy sauce, hot sauce, and 1 teaspoon ginger. Pour over pork. Marinade for at least 20 minutes.

When ready to cook, heat a wok or large skillet over medium-high heat. Add 1 tablespoon oil. Stir fry eggplant, onions, bok choy stalks, and carrots for 5-7 minutes until vegetables are tender-crisp. Remove vegetables from wok with a slotted spoon. Discard any liquid that collected in wok.

Reheat wok. Add 1 tablespoon oil, garlic and remaining ginger. Stir fry for 20 seconds until fragrant. Remove pork from marinade in bowl using a slotted spoon and add to wok. Stir fry until pork is golden, 3-5 minutes. Return the vegetables to the wok, and add the bok choy leaves. Stir fry until the leaves begin to wilt. Serve immediately over brown rice and garnish with fresh cilantro.