

Peanut Pork & Veggie

🥢 stir-fry 🍱

Serves 4-6

Use what you have on hand to customize this first-rate meal!



Forget about take-out! This delicious meal is on the table in record time and makes use of one of our all-time favourite pantry staples: Peanut butter! Use crunchy or smooth; there are no rules!



Instead of serving over rice, substitute cooked and drained instant ramen or rice noodles or, in a pinch, plain old spaghetti!



Substitute any other nut butter spread you may have on hand for the peanut butter; the end result will be just as delicious!



*Garnish to make it company-worthy! Sliced green onions, sesame seeds, chopped peanuts or chili flakes are all great options!



Ingredients:

- 3 cups cooked rice for serving
- 2 Tbsp oil/butter/margarine, divided
- 1/2 - 1 lb pork, beef, chicken or tofu sliced into thin strips
- 1 1/2 - 2 cups your favourite fresh veggies, sliced thinly for hard varieties such as carrots, thicker for softer ones such as peppers, zucchini, or celery. If using broccoli, cut into florets OR, substitute 1 1/2 - 2 cups of your favourite frozen veggie variety
- 1/4 cup soy sauce (lower-sodium or regular)
- 1/4 cup peanut butter (regular/natural/chunky/smooth)
- 1/3 - 1/2 cup water (thinner or thicker, whatever your preference)
- 2 tsp vinegar (any) OR lemon/lime juice
- 3 - 4 tsp white or brown sugar
- 1 clove garlic, finely sliced or minced, or 1/8 tsp garlic powder
- 1/8 - 1/4 tsp dried chili flakes or 1/4-1/2 tsp hot sauce (optional)
- salt and pepper

Don't stop at peanut butter...
grab the jam for another
delicious stir-fry option!

Apricot-Sauced Stir-Fry

Prepare meat/tofu and veggies as in **Peanut & Veggie Pork Stir-Fry**. Continue recipe as follows:

- In pan used to cook meat and veggies, over medium low heat, add **1 cup apricot jam**. Whisk until melted.
- To this, add **2 Tbsp soy sauce, 2 Tbsp vinegar and 1 tsp hot sauce/sriracha OR 1/2 tsp chili flakes**. Whisk to combine.
- Add cooked meat, veggies and any accumulated juices back to pan with sauce and simmer gently, 2-3 minutes/until hot.
- Spoon over **hot cooked rice/noodles**, garnish with **sliced green onions or sesame seeds**, if desired, and serve.

...Substitute sliced tofu, pork or beef or peeled, deveined shrimp for the chicken in any of these stir-fries, or, make it meatless and still protein-packed by doubling the veggies and adding 1/2 cup cooked, shelled edamame beans!



Directions:

-Prepare rice according to package directions and either keep warm on stove by removing from heat and keeping lid on while you prepare the stir-fry OR make rice the day before and store, covered in fridge until ready to use. Heat plates of cooled rice individually in microwave right before serving with stir-fry.

-Over medium-high heat, in a deep, 12" skillet, heat 1 Tbsp of the oil. Sauté pork (or other substitution), seasoning lightly with salt and pepper and turning periodically until fully cooked and lightly browned on all sides, about 5 minutes. Reduce heat a bit if necessary. Once cooked, transfer to medium bowl.

-Add remaining oil to pan and scrape up any delicious browned bits. Add veggies to hot pan in a single layer, season lightly with salt and pepper and sauté over medium-high heat until they just begin to soften a tiny bit (about 3-5 minutes). Once slightly softened, remove from pan and add to bowl with pork.

-Place pan back on the burner, reduce heat to medium-low, and in it, melt peanut butter. Whisk in soy sauce, water, vinegar, sugar, garlic/garlic powder, and hot sauce/pepper flakes. Simmer gently, whisking constantly until mixture is uniform and has reduced slightly, about 2-3 minutes. If you prefer it thicker, you can whisk in 1/4-1/2 tsp cornstarch and simmer about 1 minute.

-Add chicken, veggies and any accumulated juices back into the pan and simmer until hot, about 2-3 minutes (this is a good time to heat your rice!).

-Serve over hot rice and garnish, if desired* (see note).

Orange you glad you have so many  new stir-fry options?! 

Yes, that's right; here's yet one more simple and tasty go-to stir-fry sauce for nights you're craving something a little more bright and citrusy: Orange-Sauced Stir-Fry!

-Prepare rice, meat/tofu and veggies as described above and continue recipe as follows:

-In pan used to cook meat & veggies, over medium-low heat, combine **1 cup orange juice, 1/4 cup soy sauce, 2 cloves minced garlic and 1 Tbsp white or brown sugar**. Mix well. Whisk in **1 Tbsp flour** and simmer gently until mixture thickens slightly, then add chicken & veggies back to pan and heat thoroughly. Serve over **hot rice**.

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