

Golden Garlic Pork Stir-Fry

Sizzle up some tender pork strips in a golden garlic sauce, served with crisp vegetables for a delightful one-pan meal. Perfect for a quick and satisfying dinner!


15 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 100g pork tenderloin
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1/2 bell pepper, sliced
- 1/2 cup broccoli florets
- 1 tablespoon soy sauce
- 1 teaspoon honey
- Salt and pepper to taste
- Cooked rice or noodles (optional, for serving)

Steps

- 1 Thinly slice the pork tenderloin into strips.
- 2 Heat the olive oil in a non-stick pan over medium heat.
- 3 Add the minced garlic and sauté for 30 seconds until fragrant.
- 4 Add the pork strips and cook for about 3-4 minutes until browned and cooked through.
- 5 Toss in the sliced bell pepper and broccoli florets, stir-frying for another 2-3 minutes.
- 6 Drizzle with soy sauce and honey, stirring to coat the pork and vegetables evenly.
- 7 Season with salt and pepper to taste.
- 8 Serve hot over cooked rice or noodles if desired.