

Spicy Garlic Pork Stir-Fry

A delicious and flavorful pork stir-fry with a kick of spice and garlic. Perfect for a quick and satisfying meal.



Main Dish

20 min

Total time

Easy

Difficulty

400

kcal / serving

Ingredients

- 150g pork tenderloin
- 2 cloves garlic, minced
- 1 red bell pepper, sliced
- 1/2 onion, sliced
- 2 tablespoons soy sauce
- 1 tablespoon oyster sauce
- 1 teaspoon sesame oil
- 1 teaspoon chili flakes
- 1 tablespoon vegetable oil
- Salt and pepper to taste

Steps

- 1 Slice the pork tenderloin into thin strips.
- 2 In a small bowl, mix together the soy sauce, oyster sauce, sesame oil, and chili flakes.
- 3 Heat the vegetable oil in a pan over medium-high heat.
- 4 Add the minced garlic and sauté for 1 minute until fragrant.
- 5 Add the pork strips and cook for 3-4 minutes until browned.
- 6 Add the sliced bell pepper and onion, and cook for an additional 2-3 minutes until vegetables are tender-crisp.
- 7 Pour the sauce mixture over the pork and vegetables, and stir-fry for another minute.
- 8 Season with salt and pepper to taste.
- 9 Serve hot with steamed rice or noodles.