

Pork Chow Mein

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 12 – 15 minutes

Serves: 4

CChints: This recipe is a stir-fry type and it cooks quickly. You need to take the time to prep everything first because ingredients get added to this recipe fast and you need to be ready. You can buy marinated pork tenderloin in a variety of flavors and this recipe calls for teriyaki flavor.



Sauce:

2 tablespoons catsup

2 tablespoons low sodium soy sauce

1 teaspoon Worcestershire sauce

1 teaspoon sugar or Spenda®

1 teaspoon sesame oil

Chow Mein:

3 ounce package Oriental flavor Ramen Noodles

1 tablespoon olive oil

4 cloves garlic, minced fresh or from a jar

16-18 ounce pork tenderloin, Teriyaki flavored

1/2 cup shredded carrots

4 cups Nappa cabbage, sliced very thin

8 ounce can slice bamboo shoots, drained and chopped

8 ounce can sliced water chestnuts, drained

2 sliced green onions, green and white parts

optional: serve with a side of snow peas or sugar snap peas

In a small bowl, whisk together the ingredients needed for the sauce. Set aside.

Prepare the Oriental noodles according to package direction. Drain off about half of the water and add the seasoning package to the cooked noodles and then drain off all the liquid. Leave them in the strainer until ready to use near the end of the recipe.

In a large nonstick skillet or Wok add the olive oil and heat the pan over medium high heat. Add the garlic for 1 minute and then add the pork for another minute. Add the carrots for another minute. Stir in the cabbage. It will fill the pan at first but keep stirring and it will start to cook down in about 3 minutes. If the pan gets too hot, turn it down to medium. Add the bamboo shoots through green onions for 2 more minutes. Gently add the noodles and sauce for 1 more minute to combine everything. Remove the pan from the heat and cover it while you set the table.

Serve with a side vegetable and enjoy.