

Ground Pork & Vegetable Chow Mein



Prep Time (Minutes): 30

Cook Time (Minutes): 25

Number of Servings: 4-6

Ingredients

2 Tbsp / 30 mL canola oil, divided

1 lb / 0.5 kg lean ground pork

1 ¼ cup / 300 mL sodium-reduced chicken broth

3 Tbsp / 45 mL soy sauce

2 tsp / 10 mL sesame oil

1 tsp / 5 mL sugar

¼ tsp / 1 mL ground ginger

2 Tbsp / 30 mL cornstarch, dissolved in equal parts water

1 small yellow onion, sliced into thin wedges

2-3 cloves garlic, minced

4 cups / 1 L thinly sliced Napa cabbage

5 oz / 150 g small white mushrooms, quartered

2 ribs celery, sliced on diagonal

1 cup / 250 mL bean sprouts

½ red bell pepper, thinly sliced

½ green bell pepper, thinly sliced

1-16 oz / 454 g pkg fresh chow mein noodles, prepared according to package directions

4 green onions, sliced on diagonal

Sesame seeds for garnish (optional)

Directions

1. In nonstick skillet, heat 1 Tbsp oil over medium-high heat. Add pork to skillet and cook until no pink remains, breaking up larger pieces with spatula, about 10 minutes. Remove from heat. Cover to keep warm. Set aside.
2. In 2-cup measuring cup, whisk together broth, soy sauce, sesame oil, sugar and ground ginger. Stir in cornstarch mixture. Set aside.
3. In large nonstick skillet, heat remaining oil over medium-high heat. Add onion and garlic; stir-fry for about 1 minute. Add cabbage, mushrooms and celery; stir-fry 3 minutes more or until the cabbage is just wilted.
4. Add reserved broth mixture to skillet; stir to combine. Cover and simmer for 3-4 minutes or just until sauce thickens, and celery is tender crisp.
5. Add bean sprouts, peppers and cooked ground pork to skillet; stir to combine. Simmer, uncovered, for an additional 2-3 minutes.
6. Meanwhile, rinse prepared noodles with hot water and separate.
7. Add noodles to skillet; toss gently to combine evenly. Continue to simmer until noodles are heated through, about 2 minutes.
8. Add green onions to skillet and toss one more time.
9. If desired, garnish with sesame seeds. Serve immediately.

Tip: For a spicy twist, drizzle individual servings with sriracha chili sauce.