



PREP TIME : 10 MIN

COOK TIME : 15 MIN

SERVES : 4

Ingredients :

- ***1/4 cup (50 mL) orange juice***
- ***1/4 cup (50 mL) VH® Cooking Sauce (Honey Garlic, Garlic, Teriyaki or Pineapple)***
- ***1/4 cup (50 mL) VH® Sweet & Sour Cooking Sauce***
- ***3/4 lb (375 g) pork loin, cut into strips***
- ***2 tbsp (30 mL) vegetable oil***
- ***2 garlic cloves, finely chopped***
- ***1 cup (250 mL) sliced mushrooms***
- ***1 red pepper, cut into thin strips***
- ***1 onion, sliced thinly***
- ***3 green onions, cut diagonally***
- ***1 cup (250 mL) coarsely chopped fresh spinach***
- ***1/4 cup (50 mL) roasted unsalted cashews***
- ***1 orange peeled and sectioned***

Directions :

- 1. Combine orange juice, VH® Cooking Sauce and VH® Sweet & Sour Sauce.***
- 2. Add pork and stir well.***



Pork Stir-Fry with Spinach & Orange Sauce

- 3. Cover and refrigerate for 2 hours (maximum 12 hours).*

- 4. Remove pork from the marinade and set the marinade aside.*

- 5. In a wok or large skillet heat half the oil and cook pork strips for 4-5 minutes. Remove from wok and set aside.*

- 6. Heat the remaining oil in the same wok and stir-fry garlic, mushrooms, red pepper and onion for 3-4 minutes.*

- 7. Add the reserved marinade, pork, green onions, spinach, cashews and orange. Cook on high for 2 minutes.*

- 8. Season to taste and serve.*