



**PREP TIME : 5 MIN**

**COOK TIME : 10 MIN**

**SERVES : 2**

## **Ingredients :**

- **2 tsp (10 mL) vegetable oil**
- **8 oz (250 g) pork tenderloin, cut into 1/2-inch (1 cm) cubes**
- **Pinch each salt and pepper**
- **8 oz (250 g) baby bok choy, halved lengthwise**
- **1/2 cup (125 mL) canned pineapple chunks, juice reserved**
- **1 pouch (250 g) microwavable instant brown rice**
- **1 pouch (160 mL) VH<sup>®</sup> Teriyaki Stir-Fry Sauce**

## **Directions :**

- 1. Heat oil in deep skillet or wok set over medium-high heat. Season pork with salt and pepper; sauté for 3 to 5 minutes or until browned. Remove from skillet; set aside.**
- 2. Add bok choy, pineapple and 1/4 cup (60 mL) of reserved pineapple juice to skillet; stir-fry for 3 minutes or until bok choy is just wilted.**
- 3. Meanwhile, cook rice according to package directions.**
- 4. Return pork to skillet along with VH<sup>®</sup> Teriyaki Stir-Fry Sauce; cook for 3 to 5 minutes or until heated through. Spoon stir-fry over cooked rice.**