

CUT 

Pork Tenderloin Stir-Fry



Where service *and savings* matter.

SERVINGS: 4

INGREDIENTS:

NUTRITIONALS

Nutritional analysis per serving:
calories 370, calories from fat 130,
total fat 14g, saturated fat 1g,
cholesterol 75mg, sodium 1480mg,
total carbohydrate 31g, dietary
fiber 4g, sugars 8g, protein 31g,
vitamin A 60%, vitamin C 20%,
calcium 4%, iron 15%

- 1 lb. pork tenderloin, cut into thin strips
- 3 Tbsp Food Club Canola Oil, divided
- 8 oz mushrooms, sliced
- 4 oz snow peas, trimmed and halved
- 1 large carrot, julienned
- 15 oz can of Food Club baby corn, drained
- ½ cup Kikkoman Stir-Fry Sauce

DIRECTIONS:

Stir-fry pork strips in 1 Tbsp canola oil in hot wok or large skillet over high heat 2 minutes. Remove. Heat 2 Tbsp oil in same pan. Add mushrooms, snow peas, and carrot; stir-fry 3 minutes. Add pork, corn, and stir-fry sauce; cook, stirring, 1 minute.

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★ Pork Tenderloin Stir-Fry ★ *Shopping List*

PRODUCE:

- 8 oz mushrooms
- 4 oz snow peas
- 1 large carrot

MEAT/POULTRY/SEAFOOD:

- 1 lb pork tenderloin

SPICES/SEASONINGS:

- Kikkoman Stir-Fry Sauce

**GROCERY/FROZEN/
MISCELLANEOUS:**

- Food Club Canola Oil
- 1–15 oz can Roland Whole Baby Corn