

Spicy Ground Pork & Zucchini Stir-Fry



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Stir-Fry

Stir-fries are great because of how easy it is to make them balanced meals. Protein and vegetables join forces in the skillet or wok to become a one-pan dinner that needs nothing but rice to round things out. This version is spicy and fragrant, thanks to a healthy dose of Asian chili-garlic sauce and grated fresh ginger.

Ingredients

For the sauce:

3 tablespoons tamari or soy sauce

1 tablespoon grated or minced fresh ginger

1 tablespoon sambal oelek or Asian chili-garlic sauce

2 teaspoons toasted (Asian) sesame oil

For the stir-fry and serving:

1 lb. zucchini (about 3 medium)

2 tablespoons canola or vegetable oil, divided

1 lb. ground pork*

Salt

Freshly ground black pepper

$\frac{1}{4}$ cup thinly sliced scallions

Cooked white or brown rice, for serving

Method

1. Make the sauce: Stir all the ingredients together in a small bowl and set aside.

2. Make the stir-fry: Cut each zucchini in half lengthwise, then slice each half crosswise into 1/2-inch-thick half-moons.

3. Heat a flat-bottomed wok or large frying pan over medium-high heat until a drop of water vaporizes immediately on contact. Drizzle 1 tablespoon of the oil around the pan, add the pork, and season with salt and pepper. Let cook undisturbed for 30 seconds, then break the pork into small, bite-sized pieces and continue stir-frying until it's cooked through and golden-brown, about 5 minutes. Transfer the pork to a paper towel-lined plate and drain the pan of excess fat.

4. Drizzle the remaining 1 tablespoon of oil in the pan, add the zucchini, and spread out into one even layer. Let cook undisturbed for 30 seconds. Stir-fry the zucchini until browned and just tender, about 5 minutes more.

5. Return the pork to the skillet, add the sauce, and stir-fry until the sauce is well-incorporated and the zucchini begins to look glossy, about 30 seconds more. Garnish with the scallions and serve over rice.

Notes

Make ahead: The sauce can be made 1 day in advance and stored in a covered container in the refrigerator. Let the sauce sit at room temperature while preparing the stir-fry, and stir

before adding to the pan.

Storage: Leftovers can be stored in an airtight container in the refrigerator for up to 3 days.

* I made this using Target Brand Boneless Sirloin Diced Pork that I ground myself. Served with 1 cup of rice per serving.

9 WW Freestyle SmartPoints per serving using Target Bread Boneless Sirloin. If using regular ground pork, 11 Freestyle SmartPoints.

Source: The Kitchen (4 servings)