



MORELLO CHERRY PORK STIR-FRY



SERVES: 2-3 | PREP TIME: 20M | COOK TIME: 30M

GLUTEN FREE

INGREDIENTS:

¼ Cup Crofter's Organic Premium Morello Cherry Fruit Spread (Divided)

Boneless Lean Pork (3-4 Pieces)

½ Tsp Kosher Salt

½ Tsp Fresh Ground Pepper

2 Tbsp White Wine

2 Tsp Corn Starch (Divided)

¼ Cup Chicken Broth

1 Tsp Sesame Oil

½ Tsp White Sugar

1 Cup Broccoli Florets

1 Cup Snap Peas

3 Tbsp Olive Oil (Divided)

1 Tsp Crushed Chili Flakes

DIRECTIONS:

1. Begin by cutting the pork into thin strips. In a small mixing bowl, combine the pork with the salt, pepper, white wine, ¼ Cup of Crofter's Organic Premium Morello Cherry Fruit Spread and 1 tsp of the corn starch. Mix together until pork is coated and let sit for 15 minutes in the fridge.
2. Next, make the thickening sauce for the stir fry. In a small bowl, whisk together the broth, sesame oil, remaining 1 tsp of corn starch and sugar until smooth. Set aside.
3. In a large frying pan or wok, heat 2 Tbsp olive oil and the crushed chili flakes over medium/high heat. Cook for about a minute and then add in the pork strips. Cook for another 5 minutes or so, until the meat is cooked. Remove from pan once done.
4. Add to the same pan the remaining 1 Tbsp of olive oil, broccoli, snap peas, the remaining ½ Cup Crofter's Organic Premium Morello Cherry Fruit Spread and the thickening sauce. Stir fry for 1-2 minutes.
5. Next, add the cooked pork strips back into the stir fry. Stir fry for an additional 5-10 minutes until the snap peas and broccoli are fully cooked and soft. Remove from heat and serve immediately over rice or noodles. Enjoy!