

# Sesame Pork with Broccoli



## Ingredients

2 cups / 500 mL sodium-reduced chicken broth  
2 Tbsp / 30 mL cornstarch  
1 Tbsp / 15 mL sodium-reduced soy sauce  
4 green onions, chopped  
1 lb / 0.5 kg pork stir-fry strips  
1 clove garlic, minced  
6 cups / 1.5 L fresh broccoli florets  
½ red bell pepper, sliced into short strips  
2 Tbsp / 30 mL sesame seeds, lightly toasted  
Hot cooked rice or Asian noodles for serving

## Direction

1. In large glass bowl or measuring cup, combine chicken broth, cornstarch and soy sauce. Stir in green onions.
2. In nonstick skillet, heat oil over medium-high heat. Stir-fry pork and garlic 3-4 minutes. Remove from skillet; cover to keep warm.
3. Add broccoli and liquid to skillet. Reduce heat to low; cover and simmer 8 minutes.
4. Return pork to skillet. Add red pepper strips. Cook just until peppers begin to soften and mixture is heated through; 3-4 minutes. Stir often.
5. Sprinkle with sesame seeds.
6. Serve stir-fry over rice or Asian noodles.

## Additional Info

- **Cut:** Stir-fry strips
- **Prep Time (Minutes):** 10
- **Cook Time (Minutes):** 20
- **Number of Servings:** 6-8