

MEALTIME HELPER

MAKING MEALTIME EASY

Pork Stir-Fry - Shopping List

- **Protein**
 - 1 lb (450 g) pork tenderloin or pork shoulder (thin-sliced)
- **Produce**
 - 1 small onion
 - 1–2 bell peppers (any color)
 - 1 cup broccoli florets or snap peas (or a mix)
 - 2–3 garlic cloves
 - 1 tbsp fresh ginger (small knob)
 - 2–3 scallions (green onions)
 - Optional: fresh chili (for heat), cilantro (garnish)
- **Sauces & Condiments**
 - Soy sauce (about 5 tbsp total)
 - 1 tbsp Shaoxing wine or dry sherry (or 1 tsp rice vinegar)
 - 1 tbsp oyster sauce (or hoisin for vegetarian option)
 - 1 tbsp rice vinegar or lime juice
 - 1 tbsp honey or brown sugar
 - 1 tsp toasted sesame oil (small bottle or 1 tsp)
- **Pantry & Thickeners**
 - Vegetable oil (or other neutral oil)
 - Cornstarch (small amount — ~2 tsp total for marinade + slurry)
 - Low-sodium chicken or vegetable broth (1/4–1/2 cup) or water
- **Seasonings & Garnish**
 - Salt & black pepper
 - Sesame seeds (optional)
- **To serve**
 - Cooked rice or noodles

Notes:

- Optional flavor boosters: hoisin sauce, fish sauce, or chili garlic sauce.
- If you don't have broth, use water + bouillon.