



WHATSheATE



Stir-fried Greens with Pork, Shiitakes, and Black Bean Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons black bean garlic sauce
- ☐ 0.8 pound yu choy
- ☐ 0.8 pound broccolini chinese (gailan)
- ☐ 3 tablespoons canola oil divided
- ☐ 1.3 cups warm chicken broth reduced-sodium
- ☐ 2 tablespoons ginger fresh cut into thin matchsticks
- ☐ 0.5 large onion cut into lengthwise slivers

- ☐ 2 boned pork chops fat trimmed (8 oz. total)
- ☐ 12 mushroom caps dried whole

Equipment

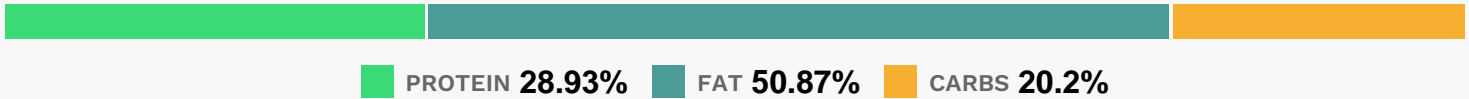
- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ wok
- ☐ measuring cup
- ☐ slotted spoon

Directions

- ☐ Put pork chops on a sheet of plastic wrap and wrap airtight. Freeze just until firm to the touch, at least 2 and up to 3 hours.
- ☐ Cut into very thin diagonal slices.
- ☐ In a small bowl, soak mushrooms in chicken broth until soft and pliable, 20 to 30 minutes; occasionally work mushrooms with your fingers to release any grit. Lift mushrooms from broth, squeezing out liquid. Gently fold each mushroom in half, gill side out, and trim off any hard stems.
- ☐ Pour 1/2 cup soaking broth into a measuring cup and set aside.
- ☐ Pour 1/4 cup broth into another measuring cup, leaving grit behind, and add water if needed to make 1/4 cup; stir in black bean sauce.
- ☐ Meanwhile, trim ends from green vegetables. Peel broccolini stems, then cut into 3-in. lengths (if wider than 1/3 in., also halve lengthwise). Rinse and set aside.
- ☐ Cut remaining green vegetables into 3-in. lengths, separating clusters of bok choy into single stalks; rinse together and drain.
- ☐ Set a wok or 5- to 6-qt. pan over high heat. When hot, pour in 2 tbsp. oil and swirl to coat.
- ☐ Add pork, onion, and ginger and fry, stirring occasionally, until meat is mostly cooked but still a bit pink, 1 to 1 1/2 minutes.
- ☐ Transfer ingredients to a plate with a slotted spoon.

- ☐ Add broccolini stems, shiitakes, and reserved 1/2 cup soaking broth to pan and cover quickly. Cook until stems are barely tender-crisp, 1 to 2 minutes. Uncover and add remaining 1 tbsp. oil and rest of green vegetables. Cook, stirring, until leaves and flowers wilt, 1 to 1 1/2 minutes. Return pork mixture to pan along with reserved black bean liquid; cook until bubbling.
- ☐ *Look for black bean garlic sauce in your supermarket's Asian-foods section. Buy Chinese broccoli and yu choy at a farmers' market or an Asian market.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.47, Inflammation Score:-10, Nutrition Score:20.752608558406%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 275.84kcal (13.79%), Fat: 15.59g (23.98%), Saturated Fat: 2.45g (15.28%), Carbohydrates: 13.93g (4.64%), Net Carbohydrates: 10.92g (3.97%), Sugar: 4.93g (5.48%), Cholesterol: 46.36mg (15.45%), Sodium: 386.72mg (16.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.95g (39.9%), Vitamin C: 117.98mg (143.01%), Vitamin A: 5290.05IU (105.8%), Selenium: 23.97µg (34.25%), Vitamin B1: 0.48mg (32.05%), Vitamin B3: 5.98mg (29.92%), Vitamin B6: 0.54mg (27.17%), Phosphorus: 169.8mg (16.98%), Calcium: 166.42mg (16.64%), Vitamin E: 1.97mg (13.11%), Vitamin B2: 0.21mg (12.45%), Fiber: 3.01g (12.04%), Vitamin B5: 1.18mg (11.8%), Iron: 1.99mg (11.03%), Copper: 0.22mg (10.94%), Potassium: 351.05mg (10.03%), Zinc: 1.36mg (9.09%), Vitamin K: 7.57µg (7.2%), Magnesium: 25.49mg (6.37%), Vitamin B12: 0.37µg (6.16%), Manganese: 0.11mg (5.3%), Vitamin D: 0.38µg (2.57%), Folate: 8.84µg (2.21%)