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Asparagus stir fry bon appetit

This publication may contain affiliate links. Read our disclosure policy. This quick and easy Stir Fry Pork recipe with asparagus is loaded with spectacular flavor, only requires a handful of ingredients, and on the table in 25 minutes! Oh, my God, I love a frying dish. I have often said that if the push came to push and I had to choose between Asian or Italian, I would like to choose Asian cuisine. If you dine at Chinese restaurants, you can recognize this Stir Fry Pork recipe as something similar to Szechuan Pork and Green Beans, which is a very popular menu item. Green beans are charred and cooked in a hot sauce, then mixed with pork and an incredibly tasty Asian sauce. Authentic Szechuan pork, however, requires ingredients that most American home cooks don't have on hand and might have trouble finding in their local market. This Stir Fry Pork is a riff in that classic recipe with more common pantry items, but definitely doesn't skimp on flavor! Pork Stir Fry Recipe Notes This recipe is very simple and quite simple, but there are some things worth noting. Using green beans or asparagus is a dose for me, as I am madly in love with both. I chose asparagus this time and that's obviously what you photograph, but if you prefer green beans, do it! Shaoxing rice wine is ideal for pork adobo, if you can get your hands on some, but dry sherry is a great substitute. Whatever you do, don't stop charring those asparagus pieces first, it's definitely a key feature for this dish and add another huge layer of flavor! The sauce for this is spicy, with a touch of sweetness. There's definitive heat on this plate, but your face won't be on fire, I promise! Most of my sautéed recipes have a substantial amount of sauce, but this one really has a very small amount. The ground pork absorbs everything, but you won't miss it. Really. This recipe is quite salty, so I highly recommend serving it with cooked white rice (like a lot of Asian sautéing), which gives balance, otherwise salinity will really stand out. Recipe variations My recipe is written trying to stay so true to the flavors of pork and sautéed that you order in Chinese restaurants, but there are additional variations. Swap asparagus for green beans. Dry sherry can be used in place of Shaoxing rice wine. Sriracha sauce can replace chili garlic sauce, but cut the amount in half, flavor, and adjust from there. This sautéed is salty, mainly from soy sauce and oyster sauce, which are whole-grain ingredients here. Make sure you're using low-sodium soy sauce, without if you're still trying to reduce, you can replace half the amount with water. We love this Stir Fry Pig so much. It is quick and easy, full of intense wonderful flavors. The leftovers the next day heat up quite well, too... not that we never have any extra! Other fantastic Stir Fry Fry To try! Here are some other quick and easy-to-fry recipes that are constantly rotating in my home. Family favorites! Stir in the fried skillet with Easy Cashew Chicken Pepper Steak Stir Fry Snow Peas Other Asparagus Recipes We Love! If you love asparagus like me, you'll want to make these recipes too! I hope you like this delicious and easy recipe – be sure to give it a review below! Plus, don't forget to follow Belly Full on Facebook, Instagram, Pinterest and YouTube! This quick and easy Stir Fry Pork recipe with asparagus is loaded with spectacular flavor, only requires a handful of ingredients, and on the table in 25 minutes! Print Recipe Recipe Recipe Pin Recipe 1/4 cup + 2 tablespoons low sodium soy sauce2 tablespoons Shaoxing rice wine (or dried sherry)4 teaspoons corn starch1 1/4 pounds ground pork2 tablespoons sesame oil, divided1 bunch of thin spear asparagus, trimmed wooden ends, Cut into 1 inch of chunks2 tablespoons, chopped fresh ginger tread1 tablespoons chili garlic sauce 1/2 cup oyster sauce1 1/2 tablespoons honey3 spring onions, diced white rice, to serve 2 tablespoons of soy sauce, rice wine (or dried sherry), and corn starch in medium bowl until corn starch dissolves completely. Add pork and mix lightly to mix. Heat 1 tablespoon sesame oil in a large nonstick frying pan over high heat. Add asparagus, ginger and chili sauce. Discard until asparagus is crisp and charred, about 3 minutes. Using a slotted spoon, transfer the asparagus mixture to a plate and set aside. Add the sesame oil from the remaining tablespoon to the pan. Add the pork mixture and sauté until golden brown, using a wooden spoon to break the pork into small pieces, about 4 minutes. Return the asparagus mixture to the pan, along with the remaining cup of soy sauce, oyster sauce and honey. Return the asparagus mixture to the pan, along with the remaining cup of soy sauce, oyster sauce and honey. Stir until pork is cooked, about 2 minutes more. Add spring onions; incorporated. Serve on jasmine rice and enjoy! For recipe notes and variations, see the full article. Calories: 430kcal | Carbohydrates: 16g | Protein: 23 g | Fat: 30g | Saturated Fat: 10g | Cholesterol: 82mg | Sodium: 1508mg of | Potassium: 586mg of | Fiber: 2g | Sugar: 8g | Vitamin A: 752UI | Vitamin C: 7mg | Calcium: 53mg | Iron: The given 3mg nutritional information is an automatic calculation and may vary depending on the exact products you use and any changes you make to the recipe. If these numbers are very important to you, you will calculate them yourself. Take a picture and mention @bellyfullblog! So tasty and it joins super fast. The next day, it's also very good. The star of the show is the crispy chili though. Raise everything you wear. So good that I do it once a month. I put it in noodles, rice, eggs, literally anything. Sara GNew York, York, they usually like their recipes. This one didn't do anything for my family. They said it was fine, but they didn't ask for it again. I'll try again in a few months, priests wifeNorthfield, MN12/16/2020Use leftover pork loin that I cut into strips, did not have special oils or wine, but replaced olive oil and regular cooking sherry. It was easy and awesome! I liked that I didn't need a corn starch-based sauce or fancy ingredients to get a quick and tasty way to use leftovers! GratefulWest Chester, Ohio12/11/2020I do this once a week, enough saidAnonymousSan Francisco 10/21/2020O easy and so delicious. I've done it with asparagus as well as green beans. They're both great. This is a great dish of the night of the week.coopcoAntelope, CA6/29/2020I love this recipe! It is a great fortnightly monthly to use with any vegetable in season. I didn't have any spring onions on hand, so I climbed shallots and it was a very happy accident! I liked it better with shallots than the whites of the spring onion. AnonymousSeattle6/17/2020This is really a great recipe! Super simple with great flavors. My in-laws come tomorrow and I plan to do it for them!blubeauty22Sag Harbor, NY6/5/2020 I've already reviewed this once - but as I prep the ingredients to make it for 6th time in 6 weeks I just want to stress exactly how delicious and easy this is like a Dinner Monday through Friday with any green vegetables you have in the fridge. AnonymousVancouver, BC5/20/2020Sys and easy! AnonymousDenver CO5/18/2020Delicious! We didn't have spring onions, so I used onion (it went on to have red on hand) and I didn't have rice wine or sherry, so I used half a rice vinegar and half a red wine - it turned out great. Easy and quick to do, this will definitely be included in our dinner rotation at night of the week. AnonymousHouston TX5/12/2020This recipe is fantastic. I've already done it twice, and despite the fact that my partner doesn't like asparagus, he loves this dish. I used ground pork the first time, and ground turkey the second - both were phenomenal.wheres_lauraAstoria, OR5/4/2020 This was very tasty and so easy to assemble. It is a very versatile recipe and can be easily made with different vegetables that you have at hand. It only took half an hour to complete from the moment I opened the fridge. The crunchy chili drizzle added an incredible depth of flavor. Definitely doing this again! AnonymousBelford, NJ5/1/2020This recipe is exceptional. I had to adjust it a little bit, because I only had 1 pound of asparagus, but I had 1 1/2 lb of ground pork. I added peas and tripled the sauce. I used a combination of mirin and sherry, but next time it will probably stick to sherry, because it was a little too sweet. We cooked medium grain rice to go with it, and stretch it to two meals with the addition of broccoli (and more sauce, ha!) on the second night. I'm still thinking about that meal and it was almost a week ago! Week! Haven, CT4/24/2020Gramnte. We actually made green beans instead of asparagus and it went great. Doing it again this weekend. AnonymousPhiladelphia, PA4/24/2020Delicious! A great, easy, healthy meal from Monday to Friday. Let's add this to the rotation safely. AnonymousPortland, Oregon4/21/2020 Skip to Main ContentMay 9, 2019 Emma Fishman'sPhoto, Food Styling by Susie TheodorouThe trick for this sautéed citrus is to make your pan roar hot before adding the ingredients, which brings out all the flavors in the aromatics while keeping the asparagus beautifully green and crisp.4 portions1 chili (such as Fresno or Holland), cut into thin slices, without seeds if you prefer less heat2garlic, light, vegetable oil1lb. asparagus, trimmed, thinly sliced diagonally about 1/4 thick Salkosher1Tbsp. soy sauce1Tbsp. unsalted butter, cut into half the cup coriander leaves and 2 cups with tender stems1Tsp. Toasted white sesame seedsHecia a large to medium-high pan until hot. 3 to 5 minutes (one drop of water should jump in the pan). Cook the chili, garlic and oil, stirring constantly, until the oil starts to shine and the garlic starts to twist golden, 60 to 90 seconds. Immediately add asparagus; season lightly with salt. Cook, mixing occasionally, until asparagus is starting to brown around the edges, about 2 minutes. Add soy sauce, butter and 1 tablespoon of water and cook, constantly coating, until asparagus is crisp but cooked and sauce-coated, about 30 seconds more. Remove the pan from the heat. Finely grated zest of a quarter of the orange over sautéed. Squeeze the juice out of half orange and it happens again. Transfer the asparagus mixture to a plate. Top with coriander seeds and sesame. Try and squeeze more orange juice if necessary. How would you rate Stir-Fry Simple and Citrus Asparagus? This was surprisingly wonderful. I had to trade the red chillies for jalapeños and added a few drops of sesame oil instead of sesame seeds because that's what I had, but it was still great. I think it would be fabulous with some shiitake mushrooms added. I was great with fish. I'm definitely going to do this again! A bright, summery garnish! Great creative way to use asparagus. Be cautious with the coriander; you can take the plate. The orange flavor is pleasantDelicious warm or cold. Orange really lights this up and combines well with salmon and rice. Definitely a new recipe for go-tolerica_kellySavannah, GA7/24/2019A+. He paired it with the peanut noodle recipe that temphe ordered, left the temphe out and added a lot of vegetables. It was better than any Chinese food! This dish is amazing - great side for any pasta or protein meal and so east, but it will be a great success. He'll keep this in rotation! FloursAGirlsBestFriendBoston5/18/2019 Orange zest and juice take this little meal to a whole new level! Era Era I'd just be eating a plate of asparagus, but there was so much flavor happening! Andy hit him out of the park, as usual.bstevens94Wenatchee WA5/14/2019So tasty and fast! Orange juice adds so much shine.alizaraeNew York 5/10/2019 5/10/2019

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