

Hawaiian Pork Pineapple Stir Fry

WHAT YOU WILL NEED

- 1 whole peeled pineapple cut to 1/2 inch squares
- 1 pork tenderloin cut to 1/2 inch squares
- 1 cup reduced sodium soy sauce
- 2 tablespoons sesame oil
- 1/2 cup brown sugar dark
- 1 teaspoon ground ginger
- 2 cloves garlic (more if you like)
- sea salt (as needed, the soy sauce has plenty sodium)
- 1/2 teaspoon black pepper
- juice and zest of 1 lime
- 2 tablespoon cilantro cut finely
- 1/4 cup unsweetened coconut flakes
- 4 green onion stems
- Jasmine or Basmati Rice

HOW TO PREP

1. In a medium mixing bowl combine: soy sauce, sesame oil, brown sugar, ground ginger, garlic, salt, black pepper, lime juice, lime zest, cilantro, coconut flakes and green onions.
2. Add cubed pork and mix completely, cover and refrigerate for 1 hour.
3. In a wok or hot skillet, add marinated pork and sauce and cook on high for 5 minutes or until pork is no longer pink in center
4. Remove cooked pork from wok or skillet and set aside
5. Cook cubed pineapple, on high for 5 minutes until a light sear is achieved. Add cooked pork to skillet with pineapple pieces and mix together