

Spicy Asian Clementine Pork

INGREDIENTS:

- 1 tbsp sesame oil
- 2 large cloves garlic, minced
- 1 bunch (4 cups roughly) baby bok choy
- 5 Clementine's peeled and separated
- 20 almonds diced up (or 4 tbsp of slivered almonds)
- ¼ cup lime juice
- 3 tbsp of soy sauce or tamari
- ¼ cup of Asian sweet chili sauce (you can find this at Whole Foods or an oriental market)
- 2 tbsp ginger powder
- 5 scallions sliced up including the green tops
- 4 boneless pork chops (lean)

INSTRUCTIONS:

I like to cook meat before I mix it with the stir fry as it keeps it juices better in the oven.

1. Pre-heat oven to 375
2. Place the pork in the pyrex baking dish
3. Add all of the ingredients EXCEPT the clementines and the baby bok choy
4. Bake the pork for 35 minutes
5. While the pork bakes, slice up the baby bok choy and separate the Clementine's adding them both to a large wok
6. After 35 minutes remove the pork from oven
7. Take the pork out of the pyrex and place on a cutting board – let it stand for 10 minutes to allow the juices to set

8. Pour the liquid from the Pyrex over the baby bok choy and clementines in the wok. Turn the wok onto medium-high heat and cook the baby bok choy + clementines for 10-15 minutes.
9. Slice up the pork into cubes and add into the stir fry. Turn the heat off and let it stand for a few minutes.

Enjoy over steamed spinach, ¼ c. quinoa, or ½ c. brown rice

Nutritional benefits:

- Heart healthy fats from the almonds and sesame oil
- A full serving of Vit C from the clementines
- Tons of phytonutrients in the baby bok choy
- Antioxidants from the ginger