Garlic Pork and Cabbage Stir-Fry

Tender pork strips quickly stir-fried with crisp shredded cabbage and aromatic garlic for a low-carb, high-protein meal packed with flavor.

Servings: 2 **Time:** 20 minutes

Ingredients

- 8 oz pork tenderloin, thinly sliced into strips
- 3 cups shredded green cabbage
- 3 cloves garlic, minced
- 1 tablespoon olive oil
- 1 tablespoon soy sauce (low sodium)
- 1 teaspoon sesame oil
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon crushed red pepper flakes (optional)
- 1/2 teaspoon grated fresh ginger
- Salt to taste

Instructions

1. Pat the pork strips dry and season lightly with salt and black pepper.
2. Heat olive oil in a large nonstick skillet over medium-high heat.
3. Add minced garlic and grated ginger; sauté for 30 seconds until fragrant.
4. Add pork strips and stir-fry for about 4-5 minutes until cooked through and slightly browned.
5. Add shredded cabbage to the skillet and stir-fry for another 3-4 minutes until cabbage softens but remains crisp.
6. Drizzle soy sauce and sesame oil over the mixture and toss well to combine.
7. If desired, sprinkle crushed red pepper flakes for a slight kick.
8. Taste and adjust seasoning with salt or more soy sauce, then remove from heat and serve immediately.

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