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HONEY NUT STIR-FRY

(Courtesy of the National Honey Board)

INGREDIENTS:

1 lb. pork steak or loin or boneless chicken breast
3/4 cup orange juice
1/3 cup Dutch Gold Orange Blossom honey
3 tbsp soy sauce
1 tbsp cornstarch
1/4 tsp ground ginger
2 tbsp vegetable oil, divided
2 large carrots, sliced diagonally
2 stalks celery, sliced diagonally
1/2 cup cashews or peanuts
Hot cooked rice

DIRECTIONS:

Cut pork into thin strips; set aside. Combine orange juice, honey, soy sauce, cornstarch and ginger in small bowl; mix well. Heat 1 tbsp oil in large skillet over medium-high heat. Add carrots and celery; stir-fry about 3 minutes. Remove vegetables; set aside. Pour remaining 1 tbsp into skillet. Add meat; stir-fry about 3 minutes. Return vegetables to skillet; add sauce mixture and nuts. Cook and stir over medium-high heat until sauce comes to a boil and thickens. Serve over rice.

Makes 4 – 6 servings