



**Harveys Supermarkets**  
**Pork Bran Chow Mein**



**Directions**

In small bowl stir together broth, soy sauce, sherry, cornstarch and red pepper. Set aside. Trim fat from pork. Cut into think bite-size strips. Set aside.

In wok or large skillet heat oil. Stir fry onions, ginger root and garlic in oil for 1 minute or until crisp tender. Add half of pork. Stir fry over high heat for 3 minutes or until no longer pink. Remove from wok. Add remaining pork. Stir fry for 3 minutes or until no longer pink. Return all to wok.

Stir in broth mixture. Add to pork mixture. Cook and stir over medium heat until mixture boils and thickens. Stir in coleslaw mix. Serve immediately over cereal.

Servings: 4

Time: 20 minutes

**Ingredient List**

- 1/2 cup reduced sodium chicken broth
- 3 tablespoons reduced sodium soy sauce
- 1 tablespoons dry sherry or orange juice
- 2 teaspoons cornstarch
- 1/8 teaspoons crushed red pepper
- 1 lbs lean boneless pork
- 1 tablespoons vegetable oil
- 4 green onions, bias-sliced into 1-inch pieces
- 2 teaspoons grated ginger root
- 2 cloves garlic, minced
- 3 cups shredded cole slaw mix