

Pork-Zucchini Fry

Ingredients

- 1 Tbsp salad oil
- 1 lb pork shoulder, cut in thin strips
- 1/4 cup chopped scallions
- 1/2 lb mushrooms, sliced
- 3 cups sliced unpared zucchini (about 3)
- 1 Tbsp sherry
- 1 tsp monosodium glutamate
- 1/2 tsp salt
- 1/8 tsp pepper
- 1/4 tsp dried leaf thyme

Instructions

1. In wok or large skillet, heat oil.
2. Add pork and cook over high heat, stirring constantly, until lightly browned.
3. Add remaining ingredients, cover and cook 5 minutes over medium heat.
4. Serve with rice, if desired.

Makes 4 servings.

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- 1 pound pork shoulder, cut in thin strips
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