**Pan-Seared Red Pork with Chinese Vegetables**

**Pork:**

3# pork chops

1 pkg. red pork marinade

½ cup water

2 Tbsp. oil

**Ingredients:**

8 Shanghai Bok Choy, washed and halved

½ cup water

2 pkg. Gai-Lan washed and stems trimmed

1 Tbsp. sesame oil

1 clove garlic, minced

2 Tbsp. soy sauce

2 Tbsp. water

1 Tbsp. oil

1 pkg. sliced lotus root, rinsed in cold water

1 pkg. sugar snap peas, washed and cleaned

1 clove garlic, minced

1 tsp. soy sauce

1 Tbsp. oyster sauce

1 tsp. fish sauce

**INSTRUCTIONS**

1. Mix the pork with the marinade and water. Let sit overnight.
2. Preheat oven to convection 450°.
3. Heat a large sauté pan over medium high heat. Cook the pork until it is cooked through.
4. Slice into strips.
5. Put the bok choy, cut side down, in a perforated hotel pan. Put the perforated pan in another hotel pan. Add ½ cup water. Cook for 5 minutes and then check the doneness. Repeat cooking 5 minutes until the bok choy is soft, but not mushy.
6. In another large sauté pan, heat the sesame oil over high heat.
7. Add the garlic and Gai Lan, cook for about 2 minutes, make sure not to burn it. Add the soy sauce and 2 Tbsp. water and cook until the greens are wilted, but not mushy.
8. In another large sauté pan, heat the last quantity of oil over medium high heat.
9. Add the snap peas and cook for 2 minutes. Add in the lotus root and cook for another 2 minutes. Add in the garlic, soy sauce, oyster sauce, and fish sauce. Cook until the sauce reduced and coats the vegetables.