

Honey Garlic Pork Bowl

★★★★★
template approved



prep time
5 minutes



total time
55-105 min



serving
sizes vary



Ingredients

The Pork:

Two options, both cooked similarly but for different times. Approximately 2 pounds/900 grams uncooked ~27 servings of protein

1. Pork Loin Tip Roast

2. Pork Tenderloin

- 1 cup broth (any kind) or water

- Juice from 1-2 limes

- Salt and pepper to taste

- 3-4 TBSP ghee or avocado oil

- ~ 3-4 servings of fat

- 3-4 TBSP minced garlic

The Sauce:

- 1/4 cup Coconut Aminos

- 2 TBL Honey (you can reduce honey and increase orange juice to act as sweetener) ~ 2 servings of carb*

- 1/4 c Lime Juice (or mix w/Orange Juice)

- 3 TBL Apple Cider Vinegar

- 1 tsp Sesame Oil ~ 1/3 serving fat

- 1/4-1/2 tsp Red Pepper Flakes - start with less, add more if you like heat

Note that you may end up with more pork than sauce, depending on how saucy you like your meat.

 bowl life meal

Instructions

1 Prepare your meat. Place your meat in an Instant Pot for 90 minutes for Option 1 or 45 minutes for Option 2 with salt, pepper, garlic and lime juice so you have about the meat shredded and ready for quick meals. Remember to make sure you have at least 1 cup of liquid (lime juice and water/broth combined) when using the Instant Pot! If you are using a crock pot instead, cook your meat for 4 hours on low or 2 hours on high.

2 Heat up 3-4 TBSP of ghee, avocado oil or olive oil in a big skillet over medium heat.

3 Add shredded pork spread evenly so MOST of it is going to get crisped up and browned in the oil. Sprinkle the pork with sea salt. You don't want mounds of pork, spread it out.

4 Add 3-4 TBSP of minced garlic over the pork.

5 Let the pork brown a few minutes then flip and crisp up the other pieces. Since the pork is cooked, you aren't worrying about doing this perfectly, you are just making it tasty.

6 Drizzle the sauce all over the pork. Let it simmer for a few minutes and serve over:

- Steamed rice &/or
- Cauliflower rice &/or
- Roasted cauliflower

Top with:

- Sauteed green beans &/or
- Sauteed red/yellow peppers &/or
- Roasted broccoli
- Cashews
- Everything But the Bagel Seasoning
- Sriarcha if you like a little extra heat

You could even put the meat in a tortilla or on bread and eat it as a sandwich!

Whole Recipe Breakdown:
27 servings protein
2 servings carb
3 1/3 to 4 1/3 servings fat
0 servings veggies

*honey is not on the template, however we support its consumption when used in moderation

