



Ontario pork thai noodle bowl

Recipe and image
courtesy of Manitoba Pork



ONTARIO PORK

Ontario Pork Thai Noodle Bowl



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1 lb / 450 g Ontario pork loin chops, trimmed and cut into thin strips	1 bunch of fresh asparagus, cut into 2.5 cm / 1 inch pieces
2 Tbsp / 30 mL canola oil, divided	2/3 cup / 160 mL mango juice
2 cloves garlic, minced	1 cup / 250 mL light coconut milk
1 Tbsp / 15 mL finely chopped ginger root	2 tsp / 10 mL Thai red curry paste
½ lb / 225 g large shrimp, raw and shelled	½ cup / 125 mL fresh mango, diced
1 small onion, diced	Salt to taste
1 red pepper, cut into strips	3 Tbsp / 45 mL fresh coriander, chopped

Heat 1 Tbsp / 15 mL oil in a wok or deep, non-stick skillet over medium-high heat. Add pork strips, garlic and ginger and stir-fry 2 to 3 minutes. Add shrimp and cook 2 minutes more. Remove from skillet and set aside. Put wok or skillet back on the burner and add remaining oil. Stir-fry onion, red pepper and asparagus 1 to 2 minutes. Set aside with pork.

Deglaze the skillet with mango juice, scraping up any loose bits from the bottom of the skillet. Add coconut milk and curry paste. Let simmer 5 minutes.

Add the pork, shrimp, vegetables and mango to the sauce and heat through. Add salt to taste. Serve immediately over prepared rice or udon noodles. Garnish with fresh coriander.

Yield: Serves 4

A 100 g average serving of raw, trimmed Ontario pork contains 129 calories, 22 g protein, 3.9 g fat and 0 g carbohydrates.