



Canadian pork thai noodle bowl

Recipe and image
courtesy of Manitoba Pork



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- 1 lb / 450 g lean Canadian pork strips or Canadian pork loin chops, trimmed and cut into thin strips
- 2 Tbsp / 30 mL canola oil, divided
- 2 cloves garlic, minced
- 1 Tbsp / 15 mL finely chopped ginger root
- ½ lb / 225 g large shrimp, raw and shelled
- 1 small onion, diced
- 1 red pepper, cut into strips
- 1 bunch of fresh asparagus, cut into 2.5 cm / 1 inch pieces
- 2/3 cup / 160 mL mango juice
- 1 cup / 250 mL light coconut milk
- 2 tsp / 10 mL Thai red curry paste
- ½ cup / 125 mL fresh mango, diced
- Salt to taste
- 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 Canadian pork contains 129 calories, 22 g protein, 3.9 g fat and 0 g carbohydrates.