

THAI NOODLES WITH PORK

1	lb	LEAN PORK STRIPS	0.5	kg
2	Tbsp	each olive oil, soy sauce, white wine vinegar and peanut butter	25	mL
1	Tbsp	honey	15	mL
1	Tbsp	chopped fresh ginger root	15	mL
¼	tsp	red pepper flakes	1	mL
2	tsp	each canola oil and sesame oil	10	mL
1		sweet red pr green pepper, cut in thin strips	1	
8		green onions, bias sliced into ½" (1.25cm) lengths	8	
4	oz	fine egg noodles, cooked	125	g
¼	cup	coarsely chopped cashews or peanuts	50	mL

Combine olive oil, soy sauce, vinegar, peanut butter, honey, ginger and red pepper flakes. Mix unto smooth. Heat canola and sesame oils in a skillet over medium-high heat. Add red or green pepper strips and green onions; stir fry about 1-2 minutes or until onions are tender crisp. Remove from pan. Add pork strips to skillet. Stir fry for 2-3 minutes or until cooked through. Return vegetables to skillet; add cooked noodles. Cook and stir about one minute or until heated through. Remove from heat. Pour dressing over and toss lightly to coat. Divide onto 4 plates. Sprinkle with cashews.

YIELD: 4 servings



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