

#LetsCook30

PORK LO MEIN

A speedy protein and veggie rich meal that can easily be made with any vegetables you have in your fridge.

Serving: 3-4 servings

Ready in about: 30 minutes

1 – 8 oz	linguine
1/4 cup	soy sauce
2 tbsp	rice vinegar
2 tsp	cornstarch
1 tsp	white sugar
1 tsp	sesame oil
2 tbsp	canola oil
2 cups	snap peas
1 small	sweet onion, chopped
1 – 12 oz	pork tenderloin
1 – 8 oz package	white mushrooms, sliced
1 medium	red bell pepper, chopped
3 medium cloves	garlic, minced
1 tsp	ginger, minced (or more to taste)
3	green onions, sliced

Nutrition Tips

To reduce the salt and increase the fibre in this recipe, we used:

- Reduced sodium soy sauce
- Whole grain linguine

INSTRUCTIONS:

1. Bring a large pot of water to a boil; cook the linguine at a boil until tender about 8 to 9 minutes; drain.
2. Whisk soy sauce, vinegar, cornstarch, sugar, and sesame oil together in a small bowl.
3. Heat canola oil in a large skillet over medium-heat high heat; cook and stir peas and onion for about 2 minutes. Add pork, mushrooms, red pepper, 1 clove garlic, and ginger; cook until pork is no longer pink, (about 2-4 minutes).
4. Pour soy sauce mixture over pork mixture; cook and stir until sauce thickens, about 1 minute. Remove skillet from heat. Add linguine to the mixture; toss to coat. Sprinkle with green onions.

TIP:

This recipe works just as well with chicken or firm tofu.

Adapted from: Pork Lo Mein, allrecipes.com. Accessed 2019.

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York Region