



Noodle Salad with Pork and Asian Lime Vinaigrette

This noodle salad is fresh, flavorful and fast! Chinese egg noodles are the perfect vehicle for soaking up flavor and making a salad into a hearty main dish - especially with the addition of **tender succulent pork** medallions.

High in protein and low in fat, pork tenderloin is a fantastic source of **B vitamins for energy and vitality**, as well as iron for cell growth and development. Egg noodles provide your body with more nourishment than traditional pastas. They are higher in protein and lower on the glycemic index, helping to **manage blood sugar** and provide you with sustained energy.

Delicious hot or cold, this speedy meal is sure to become a new staple dish - especially when you need to feed your body a healthy meal in a hurry.

NOODLE SALAD WITH PORK AND ASIAN LIME VINAIGRETTE

Serves 6

For the pork:

14 oz. (400g) pork
tenderloin, trimmed, sliced
into 6 even sized medallions
1 tbsp. olive oil
salt & pepper

For the dressing:

2 tbsp. olive oil
1 tbsp. tamari sauce
1 lime, juiced
2 tsp. rice wine vinegar
1 tsp. root ginger, peeled,
minced
¼ tsp. coconut sugar
¼ tsp. sriracha sauce

For the salad:

1 lb. (450g) dried Chinese
egg noodles
1 red bell pepper, sliced
1 red chili, seeded, sliced
4 tbsp. fresh parsley,
chopped

Directions:

1. Brush the pork medallions with 1 tablespoon of the olive oil, and season with salt and pepper.
2. Heat a large non-stick skillet over a medium-high heat and cook the pork medallions for around 3 minutes on each side, until cooked through. Remove from the heat, cover with tin foil and set aside to rest until needed.
3. Place all the ingredients for the dressing into a blender and blend until smooth.
4. Cook the noodles according to instructions on packaging, drain well and transfer into a large bowl. Add the sliced bell pepper and chili, pour over the dressing and add half the parsley. Toss to combine.
5. To serve, divide the noodles between 6 bowls, top with the cooked pork medallion and the remaining fresh parsley. This dish can be served warm or cold.



Prep	Cook
10m	12m