

Asian mango, pork & coriander noodle salad



Asian mango, pork & coriander noodle salad

Preparation: about 30 minutes
Cooking: about 15 minutes
Serves: 4

400g pork fillet, trimmed
Olive oil cooking spray
Salt and ground black pepper
250g dried Thai-style (Pad Thai) rice noodles
1 large ripe mango
½ small red onion, very thinly sliced
2 long red chillies, halved lengthways, deseeded and sliced
½ cup mint, roughly chopped
1 cup coriander leaves, roughly chopped
¼ cup roasted peanuts
Lime wedges, to serve



Mangoes

- A good source of beta carotene, which the body converts to vitamin A (important for healthy skin and eyes). The highest levels are found in mangoes with deep orange-coloured flesh.

Sweet chilli dressing

½ cup sweet chilli sauce
2 tbs lime juice
1 tbs fish sauce

1. Spray pork with oil and season with salt and pepper. Preheat a greased char-grill or non-stick frying pan over medium heat. Cook pork, turning occasionally, for 12-15 minutes (depending on thickness) until just cooked through. Transfer to a plate, cover and set aside.
2. Meanwhile, place noodles in a large heatproof bowl. Cover with boiling water and stand for 3-5 minutes until just tender. Drain well. Gently separate noodles and place into a large bowl.
3. Peel mango and slice off the mango cheeks. Slice mango flesh lengthways into thin wedges. Add mango, onion, chillies, mint, coriander and peanuts to noodles. Thinly slice pork and add to salad.
4. Combine dressing ingredients in a bowl and mix until well combined. Drizzle dressing over salad, gently toss to combine and serve with lime wedges.

For fresh fruit and vegetable recipes visit
www.sydneymarkets.com.au

