

Pork Thai Crunch Salad



Ingredients

1 pork tenderloin, well-trimmed, about 12 oz / 0.375 kg

Marinade & Dressing:

½ cup / 125 mL sweet chili sauce

½ cup / 125 mL fresh lime juice

4 Tbsp / 60 mL sodium-reduced soy sauce

3 Tbsp / 45 mL sesame oil

1 Tbsp / 15 mL fish sauce

3 Tbsp / 45 mL packed brown sugar

Salad:

3 cups / 750 mL thinly sliced Napa cabbage

5 baby bok choy bulbs, thinly sliced, green parts included

1 sweet bell pepper, julienned

1 cup / 250 mL sugar snap peas, sliced on diagonal

1 cup / 250 mL matchstick carrots

1 cup / 250 mL bean sprouts

2 green onions, sliced on diagonal

½ cup / 125 mL dry chow mein noodles for garnish

Toasted sesame seeds for garnish

Directions

1. In large measuring cup, combine sweet chili sauce, lime juice, soy sauce, sesame oil, fish sauce and brown sugar. Whisk until sugar is dissolved. Set half of the mixture aside for salad dressing; refrigerate until ready to use.
2. Place tenderloin in large resealable plastic bag. Pour remaining marinade over tenderloin, turning to coat. Seal bag and marinate in refrigerator for at least 2 hours, turning occasionally.
3. Preheat barbecue on high; reduce heat to medium.
4. Remove tenderloin from marinade; discard marinade. Pat tenderloin with paper towels to remove excess marinade.
5. Grill tenderloin on lightly oiled grill grate for 20-25 minutes or until instant-read thermometer

registers 155°F. Turn once or twice.

6. Remove tenderloin from grill onto a clean cutting board or plate. Tent loosely with foil and let rest 3-5 minutes before carving into ½-inch thick slices.
7. To assemble the salad: In large bowl combine, cabbage, bok choy, bell pepper, snap peas, carrots, bean sprouts and green onions. Add desired amount of reserved dressing; toss to coat. Top with chow mein noodles and sprinkle with sesame seeds. Serve with slices of warm pork.

Additional Info

- **Cut:** Tenderloin
- **Prep Time (Minutes):** 30
- **Cook Time (Minutes):** 30
- **Number of Servings:** 4-6