

GINGER PORK LETTUCE WRAPS

INGREDIENTS

PREPARATION: 30 MINUTES

COOKING: 15 MINUTES

4 SERVINGS

International Flavour

Enjoy this **Asian** inspired recipe with flavours of fresh lime and ginger!

2 cups vermicelli noodles, cooked and cut (1/6 of a 1 pound package of dry vermicelli)

2 tablespoons sesame oil

1 pound boneless centre cut pork chops, thinly sliced

1 tablespoon ginger, minced 1 teaspoon garlic, minced 1 cup snap peas, thinly sliced

1 cup bean sprouts

2 tablespoons cilantro, chopped

1/2 cup green onions, chopped

2 tablespoons basil, chopped

1 tablespoon lime juice

1 tablespoon rice wine vinegar

1/4 teaspoon dry chili flakes

1 cup red pepper, thinly sliced

8 medium-size lettuce leaves (Boston, Bibb or Butterhead)

Nutrient Analysis PER SERVING 2 wraps Renal exchange: 4 Protein + 2 Starch +1 Vegetable Calories 338 Kcal Protein 30 g Carbohydrates 30 g Fibre 3g Total Fat 10 g Saturated Fat 1.2 g Cholesterol 59 mg Sodium 88 mg Potassium 636 mg Phosphorus 301 ma

PREPARATION

- Cook vermicelli noodles according to the package instructions until softened. Using scissors, cut the noodles into shorter strands.
- In a large skillet, heat sesame oil over medium-high heat. Add the pork and brown it quickly. Add the ginger, garlic, peas, onions and sprouts and continue to sauté.
- 3 Add the cilantro, basil, lime juice, vinegar, chili flakes, red peppers and vermicelli to the skillet and toss to combine. The vegetables should still be slightly crispy.
- Spoon the vermicelli stir fry into the lettuce leaves. Fold the lettuce leaves around the filling and enjoy.

Note: Leftover filling can be enjoyed on its own or on top of a salad!