

Lean & Green

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THAI MINCED PORK WITH LETTUCE WRAP

No. of servings: 4

Per serving: 1 lean | 3 green | 3 condiments

Total Time: 30 minutes

Cuisine: Thai

Contains: Pork, Meat, Fish, Soy

INGREDIENTS

800g lean pork loin
4 lemongrass sticks (100g), cut into 5cm long and mashed
10g Thai lime leaves, cut in half
2 shallots (20g), sliced
2 tbsp fish sauce
1/2 tsp (2g) calorie-free sweetener, such as stevia
Cooking spray
20g Thai coriander, chopped
2 tbsp lime juice
1 large (280g) peeled cucumber, yields about 2.5 cups sliced cucumber
2 large (360g) tomatoes, yields about 2 cups sliced tomatoes
1 head (160g) romaine or butterhead lettuce

DIRECTIONS

1. Mince the pork and marinate it with lemongrass, Thai lime leaves, shallots, fish sauce, and sweetener for 15 minutes.
2. Heat cooking spray in the pan. Stir-fry minced pork until fully cooked, about 7 minutes. Stir in Thai coriander and cook for 1 additional minute.
3. Turn off the heat. Remove lemongrass and Thai lime leaves. Stir in lime juice.
4. Portion pork mixture in lettuce leaves and serve with sliced cucumber and tomatoes.

Per serving: 350 calories, 46g protein, 15g carbohydrate, 12g fat



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