
Ginger-Pork Noodle Bowl

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Servings: 4

Start to Finish Time: 30 minutes

8 ounces turmeric (or wheat) spaghetti

1/4 cup fresh cilantro

1/4 cup fresh mint

1/2 cup lightly salted, roasted peanuts

1 medium jalapeno pepper (optional)

2 tablespoons canola oil

1 pound ground pork (or chicken)

1 cup ginger dressing, divided

1 cup green onions, sliced

2 cups broccoli slaw

In a pot, bring water to a boil for the pasta. Remove the cilantro and mint from the stems and chop. Chop the peanuts. Slice the jalapeno pepper, if using.

Cook the pasta according to package directions.

Preheat a large saute' pan on medium-high heat for 2 to 3 minutes. Place oil in the pan. Add the pork. Brown for 4 to 5 minutes, stirring to crumble, until no pink remains and the meat is 160 degrees.

Add 1/2 cup of the ginger dressing and the green onions to the pan. Cook and stir for 2 minutes or until the liquid is reduced by about one-half. Remove the pan from the heat.

Divide the pasta evenly among the serving bowl. Top each bowl with pork mixture, then place individual piles of cilantro, mint, Jalapenos (if using) and broccoli slaw around the pork. Drizzle each bowl with the remaining dressing and top with peanuts.

Serve.

Pasta

Per Serving (excluding unknown items): 71 Calories; 7g Fat (84.2% calories from fat); 1g Protein; 2g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 1/2 Vegetable; 1 1/2 Fat.