

Pork & Broccoli Thai Noodle Salad



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Crunchy broccoli slaw—available in most supermarkets near the other coleslaw mixes—is the secret to making this Thai noodle recipe super-fast. If you have the time and want to make your own broccoli slaw, shred broccoli stems through the large holes of a box grater. Making the pork patties while the water for the noodles comes to a boil ensures the pork and noodles will be done at the same time.

Ingredients

8 ounces wide rice noodles (see Tips)
1 lb. lean ground pork (see Tips)
2 tablespoons chopped fresh mint, divided
6 teaspoons fish sauce, divided
2 tablespoons sweet red chili sauce
2 tablespoons lime juice
1 tablespoon toasted sesame oil
1 12-ounce bag broccoli slaw
Lime wedges for serving

Method

1. Bring 5 cups water to a boil in a large pot over high heat. Add noodles and cook, stirring frequently, until just tender,

4 to 6 minutes, or according to package directions. Drain, rinse well with cold water and let stand in the colander to drain.

2. Meanwhile, combine pork, 1 tablespoon mint and 2 teaspoons fish sauce in a bowl. Form the mixture into eight 3-inch patties.

3. Heat a large grill pan or cast-iron skillet over medium-high heat. Coat with cooking spray, add the patties, partially cover and cook for 3 minutes. Turn over and cook for 3 minutes, then turn back over and cook on the first side again until cooked through, 1 to 2 minutes more.

4. Combine the remaining 4 teaspoons fish sauce, chili sauce, lime juice and sesame oil in a large bowl. Add the rice noodles and broccoli slaw and gently toss until well combined. Serve the pork patties on the noodles, sprinkled with the remaining 1 tablespoon mint. Serve with lime wedges, if desired.

Prep

- Active: 20 Minutes

Source: EatingWell.com (4 servings | 2 patties & 1 2/3 cups noodles)