



Quick pork with mild spices

 Gluten Free

READY IN



25 min.

SERVINGS



3

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tbsp vegetable oil
- ☐ 350 g pork tenderloin thick cut into strips (tenderloin)
- ☐ 1 tsp paprika
- ☐ 1 tsp ground cumin
- ☐ 225 ml chicken stock see
- ☐ 100 g pea-mond dressing frozen
- ☐ 1 tbsp greek yogurt
- ☐ 1 handful cilantro leaves roughly chopped

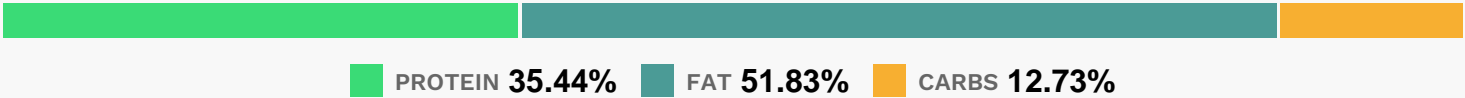
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat 1 tbsp of the oil in a wok or large frying pan until very hot.
- ☐ Add the pork and stir fry for 3–4 mins until it starts to brown.
- ☐ Remove from the pan, set aside and wipe the pan out with a piece of kitchen paper.
- ☐ Pour the remaining oil into the pan and tip in the spices. Cook over a medium heat for a minute to release their aromas.
- ☐ Pour in the chicken stock and cook for about 3–4 mins over a high heat until reduced by about half. Toss in the peas. Take it off the heat and stir in the yogurt. Season if you want to.
- ☐ Add the pork and warm through, then scatter over the coriander.
- ☐ Serve with some rice.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:1.99, Inflammation Score:-6, Nutrition Score:21.716521745143%

Flavonoids

Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 334.3kcal (16.71%), Fat: 19.08g (29.35%), Saturated Fat: 3.77g (23.59%), Carbohydrates: 10.55g (3.52%), Net Carbohydrates: 8g (2.91%), Sugar: 2.57g (2.86%), Cholesterol: 78.37mg (26.12%), Sodium: 174.85mg (7.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.36g (58.71%), Vitamin B1: 1.25mg (83.22%), Selenium: 38.45µg (54.92%), Vitamin B6: 1mg (49.84%), Vitamin B3: 9.21mg (46.06%), Phosphorus: 369.22mg (36.92%), Vitamin B2: 0.5mg (29.65%), Vitamin K: 30.51µg (29.06%), Potassium: 674.45mg (19.27%), Zinc: 2.82mg (18.78%), Folate: 74.76µg (18.69%), Iron: 2.76mg (15.35%), Magnesium: 56.91mg (14.23%), Copper: 0.25mg (12.47%), Vitamin E: 1.76mg (11.76%), Vitamin B5: 1.16mg (11.57%), Manganese: 0.22mg (10.76%), Vitamin B12: 0.64µg (10.69%), Fiber: 2.54g (10.17%), Vitamin A: 485.87IU (9.72%), Calcium: 31.69mg (3.17%), Vitamin D: 0.35µg (2.33%)