



Stir-Fried Pork with Long Beans



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



3

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon fish sauce
- ☐ 5 peppercorns black
- ☐ 0.8 pound pork shoulder boneless
- ☐ 1 teaspoon cilantro leaves minced
- ☐ 1 teaspoon galangal fresh frozen thawed minced peeled (or)
- ☐ 2 tablespoons garlic minced
- ☐ 0.5 pound green beans cut into 1-inch pieces
- ☐ 3 medium kaffir lime leaves fresh frozen thawed minced (or ; 2 sections each)

- ☐ 1 teaspoon kosher salt
- ☐ 1 stalk lemon grass fresh end trimmed
- ☐ 1 tablespoon brown sugar light packed grated
- ☐ 1 teaspoon lime zest minced
- ☐ 3 tablespoons shallots minced
- ☐ 2 tablespoons shrimp
- ☐ 1 teaspoon shrimp paste
- ☐ 6 inch thai chile dried hot
- ☐ 3 tablespoons vegetable oil

Equipment

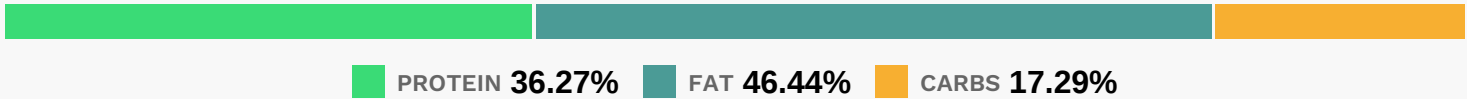
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ mortar and pestle

Directions

- ☐ Mince 1 tablespoon lemongrass from root end. Put minced lemongrass and remaining paste ingredients in mortar and vigorously pound to a smooth paste using pestle (most chile seeds should be crushed), 6 to 8 minutes.
- ☐ Cook beans in a medium saucepan of boiling salted water (1 teaspoon salt for 2 quarts water), uncovered, until crisp-tender, about 3 minutes.
- ☐ Drain and transfer to a bowl of cold water to stop cooking.
- ☐ Drain again.
- ☐ Pat pork dry, then cut across the grain into ½-inch-thick slices (about 2 by 1 inch).
- ☐ Heat oil in a 12-inch skillet over high heat until it shimmers, then cook seasoning paste, stirring constantly, until fragrant, about 1 minute.
- ☐ Add pork, tossing to coat, then spread out in skillet and brown, turning occasionally (to keep paste from burning), about 2 minutes.

- ☐ Add fish sauce, palm sugar, and beans and cook, tossing, until pork is just cooked through and beans are hot, about 1 minute.
- ☐ Remove from heat and toss with lime leaves.
- ☐ &149; If using dried shrimp, grind to a powder in an electric coffee/spice grinder or use mortar and pestle.&149; Seasoning paste can be made ahead and chilled, covered, up to 1 week or frozen 1 month.

Nutrition Facts



Properties

Glycemic Index:67.33, Glycemic Load:2.43, Inflammation Score:-7, Nutrition Score:24.437391364056%

Flavonoids

Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 342.2kcal (17.11%), Fat: 17.82g (27.42%), Saturated Fat: 3.36g (20.97%), Carbohydrates: 14.93g (4.98%), Net Carbohydrates: 12.32g (4.48%), Sugar: 7.68g (8.53%), Cholesterol: 102.91mg (34.3%), Sodium: 1386.27mg (60.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.32g (62.63%), Vitamin B3: 11.75mg (58.75%), Vitamin K: 58.8µg (56%), Vitamin B1: 0.82mg (54.6%), Vitamin B6: 1.07mg (53.52%), Selenium: 31.26µg (44.65%), Vitamin B2: 0.63mg (37%), Phosphorus: 332.03mg (33.2%), Manganese: 0.61mg (30.7%), Vitamin C: 24.37mg (29.54%), Potassium: 748.22mg (21.38%), Zinc: 2.77mg (18.48%), Magnesium: 70.75mg (17.69%), Vitamin B12: 1.02µg (16.92%), Iron: 2.74mg (15.25%), Vitamin B5: 1.37mg (13.66%), Vitamin A: 586.92IU (11.74%), Copper: 0.23mg (11.6%), Fiber: 2.61g (10.44%), Vitamin E: 1.56mg (10.4%), Folate: 36.63µg (9.16%), Calcium: 73.76mg (7.38%)