

Tomato and Minced Pork Relish with Vegetables

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



141 kcal

SIDE DISH

Ingredients

- 0.5 lb pork shoulder boneless cut into 1/4-inch pieces
- 1.5 lb cabbage cut into 8 wedges (including core)
- 4 slices carrots
- 0.5 lb cherry tomatoes red quartered
- 4 garlic clove chopped
- 1 tablespoon fish sauce (Asian fish sauce; preferably Thai)
- 0.5 teaspoon salt

- 0.5 cup shallots chopped
- 0.1 teaspoon sugar
- 2 tablespoons vegetable oil
- 6 oz long beans chinese trimmed cut into 3-inch pieces

Equipment

- food processor
- bowl
- sauce pan
- sieve
- wok
- mortar and pestle

Directions

- Cut chiles into 1/4-inch pieces with kitchen shears and soak in warm water until softened, about 20 minutes.
- Drain in a sieve.
- While chiles soak, blanch beans in a saucepan of boiling salted water 1 minute, then transfer to a bowl of ice and cold water to stop cooking.
- Drain well.
- Pound chiles, shallots, garlic, salt, shrimp paste, and sugar to a coarse paste with mortar and pestle, about 8 minutes.
- Transfer half of paste to a small bowl, then add half of tomatoes to mortar and pound until tomatoes begin to break up and form a chunky sauce.
- Transfer tomato mixture to another bowl and pound remaining chile paste and tomatoes in same manner.
- Pat pork dry.
- Heat oil in wok over moderate heat until hot but not smoking, then cook pork, stirring, until no longer pink, 3 to 4 minutes.

- Add tomato mixture and cook, stirring occasionally, until liquid is reduced and slightly thickened, 3 to 5 minutes.
- Add fish sauce and cook, stirring occasionally, 1 minute.
- Serve relish warm or at room temperature with vegetables on the side.
- Chile paste (without tomatoes) can be made in a mini food processor, scraping down sides occasionally, instead of with a mortar and pestle. • Relish (without fish sauce) can be made 1 day ahead and chilled, covered. Reheat relish over moderate heat, stirring, until hot before adding fish sauce.

Nutrition Facts

PROTEIN 25.68% **FAT 28.82%** **CARBS 45.5%**

Properties

Glycemic Index:27.62, Glycemic Load:3.96, Inflammation Score:-10, Nutrition Score:20.380869720293%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 141.34kcal (7.07%), Fat: 4.73g (7.28%), Saturated Fat: 0.9g (5.64%), Carbohydrates: 16.81g (5.6%), Net Carbohydrates: 12.28g (4.46%), Sugar: 7.64g (8.49%), Cholesterol: 17.01mg (5.67%), Sodium: 400.67mg (17.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.49g (18.98%), Vitamin A: 10597.55IU (211.95%), Vitamin K: 79.88µg (76.08%), Vitamin C: 46.85mg (56.79%), Vitamin B6: 0.5mg (25.02%), Vitamin B1: 0.32mg (21.34%), Vitamin B3: 3.85mg (19.25%), Manganese: 0.37mg (18.73%), Fiber: 4.54g (18.15%), Folate: 71.25µg (17.81%), Potassium: 621.69mg (17.76%), Phosphorus: 140.19mg (14.02%), Vitamin B2: 0.24mg (13.93%), Selenium: 8.69µg (12.41%), Magnesium: 44.22mg (11.06%), Calcium: 79.13mg (7.91%), Iron: 1.35mg (7.5%), Vitamin B5: 0.73mg (7.28%), Zinc: 1.05mg (7.01%), Vitamin E: 1mg (6.65%), Copper: 0.12mg (5.77%), Vitamin B12: 0.26µg (4.29%)