

Curried Apple and Pork Noodles

- 250 g dry pasta such as fusilli or gemelli
- 1 tbsp oil such as canola or sesame
- · 2 cloves garlic, minced
- 1 small onion diced
- 2 cups cubed, cooked pork
- 2 cups assorted bright coloured vegetables such as snow peas, sliced peppers, carrots
- 1 large apple diced
- 1 tbsp soya sauce
- 2 tbsp sweet Thai chili sauce
- 2 tsp curry powder
- 1/4 cup apple juice or apple cider

Cook pasta following package directions. Heat oil in skillet over medium heat. Saute onion and garlic brifely before adding pork, vegetables and apple. Cook until vegetables are tender. Stir in soya sauce, sweet Thai chili sauce, curry powder and apple juice. Toss cooked, drained pasta with vegetable/meat mixture.

< Back to Table of Contents