



Photograph courtesy of Dairy Farmers of Canada

Thai Pork Stir-Fry

A stir-fry is a quick way of cooking that originally developed in China and emphasizes fresh ingredients. How is milk used to create the sauce for this dish?

Prep time: 8 minutes

Cooking time: 20 minutes

Yields: 4 servings

Ingredients

- 1 cup (250 ml) **milk**
- 2 tbsp (30 ml) cornstarch
- 1 tbsp (15 ml) packed brown sugar
- 2 tbsp (30 ml) low sodium soy sauce
- 1 tsp (5 ml) grated lime zest (about 1)
- 1 tbsp (15 ml) **butter**
- 1 lb (450 g) boneless pork loin or leg, cut into thin strips
- 2 garlic cloves, minced
- 1 red bell pepper, cut into thin strips
- 1 green bell pepper, cut into thin strips
- ½ to 1 tsp (2 to 5 ml) Thai green curry paste
- 2 tbsp (30 ml) freshly squeezed lime juice
- 2 tbsp (30 ml) chopped fresh basil

Instructions

1. In a bowl, whisk a little of the milk into cornstarch to make a smooth paste. Whisk in remaining milk, sugar, soy sauce and lime zest then set aside.
2. In a wok or large skillet, melt butter over high heat then stir-fry pork and garlic for 2 to 3 minutes or until pork is browned.
3. Add red and green peppers and green curry paste, and stir-fry for 3 to 4 minutes or until peppers start to soften.
4. Whisk milk mixture and pour into wok. Cook, stirring often, for about 5 minutes or until sauce is thickened.
5. Stir in lime juice and basil.



Watch a video that shows how to make this recipe on the Dairy Farmers of Canada website at www.dairygoodness.ca/recipes/thai-pork-stir-fry.

Adapted from Dairy Goodness: Dairy Farmers of Canada *Thai Pork Stir-Fry*
www.dairygoodness.ca/recipes/thai-pork-stir-fry



Variations

Spicier

Use Thai fish sauce instead of soy sauce, increase curry paste to 1½ tsp (7 ml) and add 2 cups (500 ml) shredded napa cabbage with peppers.

Tips

- Thai green curry paste can be found in jars or packets with the Asian foods at most grocery stores. It is quite spicy so if you are not sure about the heat, start with the lowest amount suggested.

Nutrients per serving	Food groups per serving
Calories – 289 kcal	Vegetables and Fruit – 0.9
Protein – 28 g	Grain Products – 0
Fat – 12 g	Milk and Alternatives – 0.2
Carbohydrates – 16 g	Meat and Alternatives – 1.2
Fibre – 1.3 g	
Sodium – 369 mg	
Calcium – 112 mg	

1% milk used in analysis

www.eatracker.ca/recipe_analyzer.aspx