

# VIETNAMESE PORK WITH NOODLES & ROASTED PEANUTS

Vietnamese cuisine is among the healthiest in the world because it's usually very fresh and cooked quickly. The bulk of time spent is in the preparation, but once that's done, your meal comes together in no time. This particular recipe is half soup, half stir-fry. Soaking and dehydrating the peanuts before roasting will make them more digestible (see page 12).

Heat a wok or large sauté pan over medium heat and lightly toast the peanuts for a couple of minutes or so. Remove and set aside. To make the pork, add the oil and pork to the pan and stir-fry for 4 minutes, or until cooked through. Transfer to a warm plate.

Add more oil to the sauté pan if needed, followed by the garlic, ginger, and lemongrass. Cook for a minute or two, being careful not to let them burn. Pour in the broth, fish sauce, coconut aminos, and lime juice and bring to a simmer. Cook for 5 to 6 minutes to infuse the broth.

Meanwhile, cook the noodles in a large pan of boiling water, according to the manufacturer's instructions. Divide the broth, pork, and noodles between the bowls. Place the garnishes on a large plate and the peanuts in a small bowl. Allow everyone to help themselves.

SERVES 4  
PREP TIME: 35 MINUTES, PLUS  
SOAKING/DEHYDRATING  
COOK TIME: 20 MINUTES

3 tablespoons (27 g) raw  
peanuts, soaked and dehydrated  
2 teaspoons (10 ml) avocado oil  
1 lb (450 g) pork tenderloin, thinly  
sliced

4 cloves garlic, thinly sliced  
2-inch (5 cm) piece ginger, thinly  
sliced

2 lemongrass stalks, thinly sliced  
3 cups (750 ml) chicken bone  
broth

2 tablespoons (30 ml) fish sauce  
4 tablespoons (60 ml) coconut  
aminos

Juice of ½ lime (2 tablespoons  
or 30 ml)

8 oz (225 g) packet dried rice  
noodles

2 cups beansprouts (stage 1)

3½-inch (8.5 cm) piece daikon,  
cut into matchsticks

2 medium carrots, cut into 4-inch  
cut into matchsticks

3 scallions, cut lengthways into  
[10 cm] matchsticks

4-inch (10 cm) strips  
¾ cup (24 g) fresh mint

¾ cup (30 g) fresh Thai or regular  
basil leaves

1 cup (16 g) fresh cilantro

1 lime, cut into wedges