

Asian-Style Macaroni with Pork and Curry

Preparation time	10 minutes
Cooking time	20 minutes
Servings	6
Cost per serving	\$1.56
Storage	3 days in the fridge. Can be frozen.
Kitchen tools	Measuring cups and spoons, cutting board, sharp knife, large pot, large frying pan, wooden spoon, colander



Ingredients



15 ml (1 tbsp)
canola oil



750 g (1.5 lb)
lean ground pork

OR ANY OTHER
GROUND MEAT (BEEF,
TURKEY OR CHICKEN,
FOR EXAMPLE)



1 large or 2 small **yellow onions**,
peeled and chopped



10 ml (2 tsp)
curry powder



500 ml (2 cups)
dry macaroni



60 ml (¼ cup)
soy sauce



30 ml (2 tbsp)
molasses



1 **green bell pepper**, diced

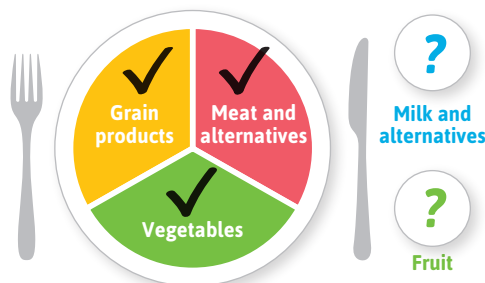


2 **celery sticks**,
chopped



**Pepper and Tabasco-style
hot sauce**, to taste

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Balanced plate

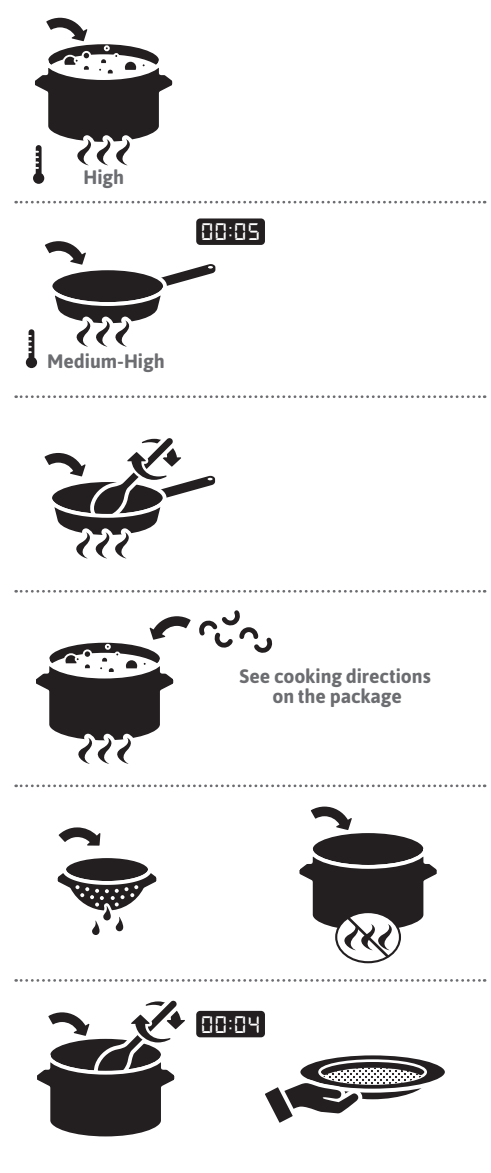
Serve with:

? Vegetables (cooked vegetables, for example) to round out the serving, and a fruit

? A glass of milk or fortified soy beverage

Directions

- 1 Bring a large pot of **salted water** to a boil over high heat.
- 2 Meanwhile, heat the **oil** in a large frying pan over medium-high heat. Add the **ground pork** and cook without stirring until the pork starts to brown (about 5 minutes).
- 3 Add the **onions** and **curry powder**. Stir and cook until the meat is thoroughly done.
- 4 Meanwhile, add the macaroni to the boiling water and cook as indicated on the package.
Tip: Use the cooking time to prepare your side dishes.
- 5 Drain the macaroni and return to the pot. Set aside, away from the heat.
- 6 Add the **curry-pork mixture, soy sauce, molasses, green bell pepper, celery, pepper** and **hot sauce**. Allow the ingredients to warm and the flavours to blend for 4 minutes.



My rating: ★ ★ ★

Adapted from an original recipe developed by Lynn Lefebvre, standardized by Extenso – The Université de Montréal reference centre on human nutrition