

TEAM PORK + PLANTS

THE FLAVOUR FRIENDSHIP YOUR PLATE'S BEEN WAITING FOR



Striking a Healthy Balance

Getting enough protein from both animal foods and plant foods is key to optimal health. And Canada's Food Guide recommends enjoying a variety of nutritious protein foods as part of healthy eating.¹

Pork + Plants = Perfect Partners

Think of pork and plants as best friends: they work better together. Each one provides essential nutrients that help your body get what it needs to stay healthy.

- Lean pork delivers high-quality protein, along with nutrients such as vitamin B12, heme iron, and zinc.
- Plant-based proteins give you nutrients such as fibre, complex carbohydrates, antioxidants, and folate.

Eating a combination of animal- and plant-based protein foods boosts the overall quality of your eating pattern and helps you meet your daily nutrient needs.²

Pork doesn't just bring the flavour. Like other meats, it also boosts the iron and zinc your body absorbs from plant foods.³ This is called "the meat factor," but we call it "teamwork."



Pork Makes Plant-Filled Meals Even Tastier

Pork pairs well with plants – whether that means fresh vegetables and fruit, or whole grains and legumes – to make balanced, tasty, and satisfying meals. Both pork and plants belong on your plate. Who's hungry for Vietnamese Style-Grilled Pork Tenderloin with fresh crunchy veggies?

Good to know!

Pork is an affordable protein choice, serving up fabulous flavour and big nutritional value – without stretching your grocery bill.

References

1. Health Canada. 2019. Canada's Food Guide.
2. Fabek H et al. An examination of contributions of animal- and plant-based dietary patterns on the nutrient quality of diets of adult Canadians. *Appl Physiol Nutr Metab* 2021;46:877-886.
3. Bæch S et al. Nonheme-iron absorption from a phytate-rich meal is increased by the addition of small amounts of pork meat. *Am J Clin Nutr* 2003;77(1):173-179.

**PICK
PORK**



Let's Cook!

VIETNAMESE-STYLE GRILLED PORK TENDERLOIN

Get ready for a flavour explosion! Juicy grilled pork tenderloin meets fresh, crunchy veggies and tender rice noodles for a meal that's nourishing and absolutely delicious.

Prep: 20 min **Marinate:** 30 min **Cook:** 12 min **Serves:** 3 to 4

Ingredients

- 1 pork tenderloin (about 14 oz/ 400 g), trimmed of silver skin
- 8 oz (227 g) fine rice noodles
- 1/2 small head iceberg lettuce, shredded
- Garnishes such as sliced cucumber, sliced red onion, sliced radish, carrot ribbons, fresh mint and/or cilantro, and chopped salted peanuts (optional)
- Nuoc cham

Marinade:

- 1 shallot, minced
- 2 cloves garlic, minced
- 2 tbsp (30 mL) each canola oil and granulated sugar
- 1 tbsp (15 mL) each fish sauce and soy sauce
- 2 tsp (10 mL) chili garlic sauce

Directions

1. Marinade: Stir shallot, garlic, oil, sugar, fish sauce, soy sauce, and chili garlic sauce until well combined; set aside.
2. Slice tenderloin lengthwise, almost all the way through and opening like a book; score a cross-hatch pattern on both sides with a sharp knife.
3. Transfer pork to a resealable bag; pour marinade over pork, massaging to coat. Marinate for at least 30 minutes or up to 1 day.
4. Soak noodles according to package directions and rinse under cold water.
5. Preheat grill to medium-high (400°F/200°C). Remove pork from marinade; reserve marinade in a small bowl.
6. Set pork on grate; baste top with some reserved marinade. Close lid; grill, rotating pork halfway through, for 4 minutes. Flip, baste with additional marinade; close lid and grill an additional 4 minutes. (Discard any unused marinade at this stage.)
7. Open lid and continue to grill, flipping once or twice, for 3 to 4 minutes, or until pork is lightly charred and internal temperature reads 155°F (68°C). Remove to a cutting board; rest for 5 minutes before slicing thinly across the grain.
8. Serve sliced pork with rice noodles, lettuce, garnishes (if using), and nuoc cham on the side, to add to taste.

Nutrients per serving (1/4 recipe, pork with noodles, lettuce and 1 tbsp/15 ml nuoc cham): 530 calories, 35 g protein, 14 g fat, 65 g carbohydrates, 3 g fibre, 16 g sugars, 960 mg sodium.