



## Thai Pork and Mango Salad with Mango-Mint Dressing

### Ingredients:

- 1 pork tenderloin (about 1 pound)
- Salt and freshly ground pepper
- 2 tablespoons Thai red curry paste
- 4 cups shredded coleslaw mixture (cabbage and carrots)
- 4 cups chopped romaine
- 1 chopped baby bok choy (dark green leaves only)
- 2 large ripe mangos, peeled, pitted and diced
- 1 cup matchstick pieces red bell pepper
- 2 tablespoons thin matchstick pieces red bell pepper
- 2 tablespoons thin matchstick pieces peeled fresh ginger

### Mango Mint Dressing

- 1 peeled and pitted mango
- 1 medium peeled and chopped shallot
- 1 sliced green onion
- 1/4 cup rice vinegar
- 2 tablespoons vegetable oil
- 2 teaspoons sesame oil
- 1/2 teaspoon salt
- 1 tablespoon fresh mint leaves

Makes: 4 servings.

Prep Time: 20 minutes

Cook Time: 35 minutes



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### Directions:

1. Preheat grill to medium heat.
2. Season pork lightly with salt and pepper, then rub curry paste onto the surface of the meat.
3. Place on grid and grill for 20 to 25 minutes or until pork has an internal temperature of 160°F., as measured with an instant-read thermometer.
4. Remove from grill and let cool slightly.
5. Cut into strips and place in a large bowl with coleslaw, romaine, bok choy, mango, red pepper and ginger.
6. Drizzle with dressing and toss well to coat.

### Mango-Mint Dressing:

Puree mango, shallot, green onion, rice vinegar, vegetable oil, sesame oil and salt in a blender or food processor until smooth. Add fresh mint leaves and pulse until mint is chopped.

Makes: 4 servings.

Prep Time: 20 minutes

Cook Time: 35 minutes



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Recipe courtesy of the National Pork Board.