



# Pork with Tangy Lime Sauce and Savory Carrots



## INGREDIENTS

- 2 teaspoons fresh ginger, grated
- 1 small shallot, thinly sliced
- 2 tablespoons fresh cilantro, finely chopped
- 1 lb carrots, scrubbed
- 3 limes, for juice
- 3 tablespoons fish sauce
- 3 tablespoons brown sugar, divided
- 1 tablespoon reduced-fat mayonnaise
- 2 tablespoons canola oil, divided
- 1/2 teaspoon crushed red pepper
- Nonstick aluminum foil
- 4 boneless pork loin chops (about 1 1/2 lb)

2/24/2016  
1/2 teaspoon kosher salt

1/2 teaspoon pepper

## STEPS

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1. Combine in bowl: fish sauce, ginger, shallots, cilantro, lime juice, and 2 tablespoons brown sugar; divide mixture in half. Combine one-half mixture with mayonnaise and reserve for carrots. Set remaining-half tangy lime sauce aside.
2. Combine in second bowl: 1 tablespoon oil, red pepper, and remaining 1 tablespoon brown sugar. Rub carrots with brown sugar mixture and place on foil-lined baking sheet. Roast carrots 20–25 minutes or until tender.
3. Coat pork in remaining 1 tablespoon oil; season with salt and pepper. Grill pork 4–5 minutes on each side or until grill-marked and 145°F; baste with tangy lime sauce during last minute of cook time. Serve pork with remaining tangy lime sauce on the side for dipping, and drizzle carrots with reserved mayonnaise sauce.

## NUTRITIONAL INFORMATION

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CALORIES (per 1/4 recipe) 400kcal; FAT 21.00g; SAT FAT 4.50g; TRANS FAT 0.00g; CHOL 100mg; SODIUM 1350mg; CARB 22g; FIBER 4.00g; SUGARS 15g; PROTEIN 31g; CALC 6%; VIT A 0%; VIT C 0%; IRON 10%