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Food of the Month

November: Snow Peas

- ◆ If you are trying to lose weight or maintain your current weight, sweet, crunchy sugar snap peas can be beneficial. Add them to your salad, pasta or stir-fry to infuse a refreshing flavor into your dish without adding excess calories and fat. The fiber will help keep you feeling full and reduce your temptation to snack between meals.
- ◆ A 100g serving of raw snow peas provides 60 mg of vitamin C and the recommended daily intake.
- ◆ They are also a rich source of some B-complex vitamins, giving you nearly half the niacin and one-tenth of the folate you need each day, boosting your intake of these nutrients that help your body convert food to energy.
- ◆ It gives you one-fifth of the vitamin K you need, ensuring that your blood clots properly and supporting your bone health.

Nutritional Information: per 100gr Snow Peas

Calories	42
Protein	3g
Carbohydrate	8g
Fat Total	0g



RECIPE:

Pork stir-fry with Snow Peas

450g Hokkien egg noodles, cooked
2 tsp olive oil
400g lean pork leg steak, thinly sliced
1 medium brown onion, diced
2 cloves garlic, crushed
1 tsp ginger, peeled and grated
1/2 head broccoli, cut into florets
100g snow peas, ends trimmed
2 tbs water
1 tbs oyster sauce
1/2 tbs reduced-salt soy sauce
1 tsp chilli sauce

Directions

Prepare noodles following packet directions.

Heat oil in pan, stir-fry pork in two batches, set aside and keep warm.

Add onion, garlic and ginger, cooking until onion is translucent. Add broccoli, snow peas and water, cooking until vegetables soften. Return pork to pan.

In a small bowl combine water and sauces. Stir through pork and vegetables and allow to bubble and thicken.

Serve with noodles. Serves 4.