



Asian Seasoning Mix

Garlic, Soy, Sesame, Citrus

The delicately balanced flavors in this mix will ignite your senses: A combination of refreshing sweet and sour with a punch of bittersweet heat creates the ultimate flavor experience.

Sweet & Sour



Simple Rice: Bring 1 can (14.5 oz./500 mL) of chicken broth and 1½ cups (400 mL) of water to a boil. Stir in 2 tsp (10 mL) of seasoning and 1½ cups (375 mL) of uncooked long grain rice. Reduce the heat, cover, and simmer for 20 minutes. Remove from heat and stir in ½ cup (75 mL) of sliced green onions.



Creamy Coleslaw: Mix ⅓ cup (75 mL) of ranch dressing, ¼ cup (60 mL) of creamy peanut butter, 1 tbsp (15 mL) of low-sodium soy sauce, and 1 tbsp (15 mL) of seasoning in large bowl. Toss in 1 pkg (14 oz./397 g) of coleslaw mix and 2 sliced green onions. Cover and chill for several hours. Top with 1 tbsp (15 mL) of chopped dry roasted peanuts.



Honey Barbecue Wings: Heat a greased grill pan over medium heat. Mix 1 cup (250 mL) of barbecue sauce, 3 tbsp (45 mL) of honey, 1 tbsp (15 mL) of low-sodium soy sauce and 1 tbsp (15 mL) of seasoning. Grill 2 lbs. (1 kg) chicken drumettes for 15–20 minutes or until done, turning, and brushing occasionally with the sauce mixture.



Baked Salmon: Preheat the oven to 400°F (200°C). Pat dry 4 salmon fillets (6 oz./175 g each; 1½-2.5-cm), with paper towels. Place on a sheet pan. Brush with 1 tbsp (15 mL) of low-sodium soy sauce and sprinkle with 2 tsp (10 mL) of seasoning. Bake for 13–15 minutes, or until the fish begins to flake easily with a fork.

Pairs well with:

Use 1 tbsp (15 mL) per 1 lb. (450 g)



Use 1 tbsp (15 mL) per 4–5 cups (1–1.25 L)



Pineapple Pork Stir-Fry

6 servings

15-min prep time | 40-min total time



Easy Swaps

- Instead of pork, you can use diced chicken breast, steak, or shrimp.
- Make this dish vegetarian with a double dose of vegetables.

Ingredients

- 1 tbsp (15 mL) vegetable oil, divided
- 1 pork tenderloin (1½ lbs./700 g), cut into ¼" (6-mm) strips
- 3 tbsp (45 mL) **Asian Seasoning Mix**, divided
- 1 small red onion, cut into wedges
- 1 red bell pepper, seeded and sliced
- 3 cups (450 mL) small fresh broccoli florets
- 1 can (20 oz. or 398 mL) pineapple chunks in juice, juice reserved
- 1½ tbsp (22 mL) soy sauce
- 1 tbsp (15 mL) cornstarch

Optional: Cooked rice, cashews, or peanuts

Directions

1. Heat $\frac{1}{2}$ *tbsp* (7 mL) of the oil in a large skillet or wok over medium-high heat for 3 minutes.
2. Season the pork with 1 *tbsp* (15 mL) of the seasoning. Add *half* of the pork to the skillet. Cook and stir for 4–5 minutes, or until browned. Remove the pork from the skillet and keep warm. Repeat with the remaining pork.
3. Add the onion, bell pepper, and broccoli to the skillet and cook for 3 minutes, stirring occasionally. Return the pork and juices to the skillet.
4. Combine the remaining seasoning with $\frac{3}{4}$ cup (175 mL) of the reserved pineapple juice, soy sauce, and cornstarch in a small bowl. Pour the sauce over the pork and vegetables and add the pineapple. Bring to a simmer and continue cooking until the sauce is thickened, about 3–5 minutes.
5. Serve over cooked rice and top with chopped nuts, if you'd like.

U.S. nutrients per serving: Calories 240, Total Fat 5 g, Saturated Fat 1 g, Cholesterol 75 mg, Sodium 420 mg, Carbohydrate 24 g, Fiber 3 g, Sugars 19 g (includes 0 g added sugar), Protein 26 g