



PREP TIME : 10 MIN

COOK TIME : 15 MIN

SERVES : 4

Ingredients :

- ***1 lb (500 g) pork tenderloin***
- ***2 tbsp (30 mL) grape seed oil or vegetable oil***
- ***3 tbsp (45 mL) chopped fresh thyme***
- ***1 jar (341 mL) VH® Sweet & Sour Dipping Sauce***
- ***4 whole wheat pitas***
- ***2 cups (500 mL) finely shredded red leaf lettuce***
- ***½ sweet onion, finely diced***
- ***1/3 cup (75 mL) chopped garlic pickles***

Directions :

- 1. Preheat a skillet over medium heat. Coat pork in oil and season with salt and pepper. On a cutting board, evenly roll pork over thyme.***
- 2. Add pork to preheated skillet and brown on all sides, approximately 2 minutes per side. Reduce heat to low; cook covered, until just a hint of pink remains, 12 to 15 minutes.***
- 3. Remove from skillet; tent with foil for 10 minutes.***
- 4. Place pita on a grill to warm through. Slice pork into 1/2-inch (1 cm) rounds. Trim off top third of each pita.***



Sweet and Sour Pork Pitas

- 5. To assemble, place slices of pork in center of pita and pour approximately 3 tbsp (45 mL) of VH[®] Sweet & Sour Dipping Sauce over pork. Add lettuce, onion and pickles. Place remaining VH[®] Sweet & Sour Dipping Sauce in a small ramekin for dipping.*