

Sweet and sour crunchy pork salad



Ballarat Health Services

Ingredients

95g (1/3 cup) plum sauce
2 tablespoons soy sauce
1 tablespoon rice wine vinegar
1 garlic clove, crushed
500g pork fillet
400g red cabbage, finely shredded
175g baby capsicums, thinly sliced
300g pineapple, peeled, cut into thin wedges
150g sugar snap peas, blanched, sliced
50g fried noodles
2 green shallots, thinly sliced



Method

Step 1 Preheat the oven to 220C/200C fan forced. Grease a baking tray and line with baking paper. Combine the plum sauce, soy sauce, rice wine vinegar and garlic in a jug. Place the pork fillet on the prepared tray. Season and brush with 2 tbs marinade, reserving the rest to dress the salad. Roast the pork for 15 minutes or until just cooked through. Cover and set aside for 5 minutes to rest. Thickly slice the pork.

Step 2 Meanwhile, combine the cabbage, capsicum, pineapple and sugar snap peas in a large bowl. Drizzle with half the reserved dressing and toss to combine.

Step 3 Arrange sliced pork over the salad and drizzle with remaining dressing. Serve topped with noodles and shallots.

Sweet and sour
pork that's low
in fat and
quicker to
make than
ordering from
your local
takeaway

Source: www.taste.com.au