



Tangy pork and noodle salad



Cooking Time
6 Minutes



Cooking Skill
Easy



Serves
4 People

Ingredients

- 450g pork fillet, pork loin medallions or pork escallops
- **For the Tangy Marinade:**
 - 30ml rapeseed oil
 - 60ml reduced salt soy sauce
 - 2tbsp balsamic vinegar
 - 1tbsp Worcestershire sauce
 - 2 garlic cloves, peeled and crushed
- 2.5cm piece fresh root ginger, peeled and finely chopped or grated
 - ½tsp ground black pepper
 - 1tsp Chinese five-spice powder
 - 1-2tbsp freshly chopped tarragon
- **For the Noodle Salad:**
 - ½ red pepper, deseeded and sliced

- 75g bean shoots, rinsed
- 2 spring onions, finely chopped
- 2 small pak choi, finely chopped
- 100g cooked and cooled egg or rice noodles
 - Juice of ½ lemon or lime
 - Freshly chopped coriander
- Salt and freshly milled black pepper

Method

1

For the Pork:

Mix together the marinade ingredients. Add the pork, coat on both sides, cover and marinate for 2 hours.

Cook the pork on a griddle or grill, according to your preference or until any meat juices run clear. Rest.

2

For the Noodle Salad

Toss the noodle ingredients together. Season.

3

To serve:

Slice the pork and toss in the salad with any meat juices and serve.

Additional Information

Cooking time:

Pork Fillet: 10-12mins turning occasionally, 3mins in oven at 170°C, 3mins resting time. Internal Core temperature: 70°C or above.

Pork Loin Medallions: 5-6mins on each side, 3mins in oven at 170°C, 3mins resting time. Internal Core temperature: 70°C or above.

Pork Escallops: 1-2mins on each side, 1-2mins resting time. Internal Core temperature: 70°C or above.



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