

orange soy pork, radish & cabbage salad



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Ingredients:

- 4 Valencia oranges
- 1/2 cup good quality orange marmalade
- 2 1/2 tbs reduced salt soy sauce
- 500g small pork fillets, trimmed
- 2 tbs olive oil
- salt and ground black pepper
- 100g packet bean thread vermicelli noodles
- 1/2 medium Chinese cabbage, finely shredded
- 4 green onions (shallots), thinly sliced
- 6 radishes, washed, dried and thinly sliced

Health benefits of Valencia oranges:

Deserve their reputation as excellent source of vitamin C – one orange has about two day's supply of this important vitamin.

Method:

1. Juice 2 oranges. Combine 2 tbs orange juice, marmalade and 1 tbs soy sauce in medium shallow dish. Add pork and turn to coat in orange marinade. Cover and refrigerate for 1 hour to marinate (or overnight if time permits).
2. Combine remaining orange juice, soy sauce and oil in a screw-top jar. Season with salt and pepper to taste. Shake until well combined. Set aside.
3. Preheat a char-grill or barbecue plate over medium heat. Char-grill or barbecue pork, turning and brushing with reserved marinade occasionally, for 10–15 minutes (depending on thickness) or until just cooked through. Cover with foil and set aside to rest for 15 minutes.
4. Meanwhile, cook noodles in a medium saucepan of boiling water for 2–3 minutes or until just tender. Drain and refresh under cold water. Transfer noodles to a large bowl. Add cabbage, green onions and radishes. Peel and segment remaining 2 oranges and thinly slice pork and add to noodle mixture.
5. Pour orange dressing over salad. Gently toss to combine and serve.

Serves: 4

Preparation: 25 minutes (+ marinating time)

Cooking: 10–15 minutes