

Bok choy & snow pea slaw with pork



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Preparation 30 mins | Cooking 10 mins | Serves 4

4 pork medallion steaks
Olive oil cooking spray
150g snow peas, trimmed
150g baby bok choy, trimmed and leaves finely shredded
3 cups (about ½ small) finely shredded Chinese cabbage
1 carrot, peeled and shredded
3 green onions (shallots), halved and finely sliced
1 cup bean sprouts, trimmed
1 cup coriander leaves, roughly chopped
1 cup small mint leaves
1½ tbs toasted sesame seeds

Sesame soy dressing:

2 tbs salt reduced soy sauce
2 tbs grape seed or peanut oil
2 tsp lime juice
2 tsp brown sugar
1 garlic clove, crushed
2 tsp sesame oil

STEP 1 Spray pork with oil and season with salt and pepper. Heat a large non-stick frying pan over medium heat and cook pork, turning occasionally, for 3-5 minutes on each side (depending on thickness) until just cooked through. Transfer to a plate, cover and set aside to rest.

STEP 2 Meanwhile, bring a small saucepan over water to the boil over high heat. Plunge snow peas into pan and cook for 1 minute. Drain and refresh in cold water. Pat dry and halve lengthways.

STEP 3 Place snow peas, bok choy, cabbage, carrot, green onions, bean sprouts, coriander and mint into a large bowl. Sprinkle with sesame seeds. Toss to combine.

STEP 4 To make dressing, combine all ingredients in a screw top jar and shake until well combined. Drizzle half the dressing over salad and gently toss to combine. Thinly slice pork. Serve pork with salad and remaining dressing.