



# STICKY PORK FILLET

ON RICE WITH BOK CHOY SLAW

**DIFFICULTY:** Easy | **SERVES:** 4 | **READY IN:** 40 minutes

This simple meal is fresh, interesting and wonderfully flavoursome. The sticky pork fillet is juicy and succulent, while bok choy adds a bit of pizzazz to ordinary pre-packed coleslaw.



## SAUCE

- 2 cloves garlic
- 1 Tbsp cornflour
- 1 Tbsp cold water
- 1 tsp chicken or vegetable stock powder
- 1/3 cup boiling water (80ml)
- 3 Tbsp soy sauce
- 2 Tbsp apple cider vinegar
- 2 Tbsp brown sugar
- 2 Tbsp honey
- 2 tsp sesame oil

## SEEDS AND PORK

- 2 Tbsp pumpkin seeds
- 2 Tbsp sunflower seeds

- 1/2 Tbsp soy sauce
- 550g pork fillet / tenderloin (1lb 3oz)
- 2 tsp peanut oil

## TO SERVE

- 250g Asian slaw (8.8oz)
- 250g Shanghai bok choy or pak choy (8.8oz)
- 2 Tbsp sweet chilli sauce
- 1 1/2 Tbsp apple cider vinegar
- 1 1/2 Tbsp peanut oil
- 1 Tbsp soy sauce
- 1 tsp sesame oil
- 2 x 250g microwave pouches brown or white rice (2 x 8.8oz)

1. Preheat oven to 180°C (360°F) fan bake.

### 2. MAKE SAUCE

Crush garlic. Stir cornflour and water together in a medium bowl or jug. Add garlic, stock powder, boiling water, soy sauce, vinegar, sugar, honey and sesame oil. Whisk with a fork until well combined.

### 3. COOK SEEDS AND PORK

Place a medium-large frying pan on medium heat. Toast seeds until lightly golden. Remove from heat and immediately stir in soy sauce to coat. Transfer to a board or plate, in a single layer.

4. Rub pork all over with oil and season with salt and pepper. Return pan to a medium-high heat. Sear pork on all sides. Reduce heat to medium. Pour sauce all over the pork and simmer for 1 minute. Transfer pork and sauce to a roasting dish and cook for 15-18 minutes, until pork is just cooked through.

### 5. PREPARE SERVING INGREDIENTS

Meanwhile, place slaw in a large bowl. Finely slice bok choy (discard the tougher ends) and add to slaw. Combine sweet chilli sauce, vinegar, peanut oil, soy sauce and sesame oil in a jar and shake to combine. Season to taste with salt and pepper. Pour over the slaw and toss until well mixed.

6. Microwave rice according to instructions on packet.

### 7. SERVE

Remove pork from oven, transfer to a board, cover with foil and leave to rest for 5 minutes. Add a little boiling water to sauce if it has thickened too much, until it is a thick but pourable consistency. Slice pork, toss in sauce and serve on rice with slaw on the side.



**WINE MATCH:** A light Pinot Noir.

## **STICKY PORK FILLET RECIPE NOTES**

**GLUTEN-FREE OPTION:** Make sure your cornflour is gluten-free. Use gluten-free stock powder and soy sauce. The dressing found in Asian slaw packets usually contains gluten, but the slaw itself should be fine.

**INGREDIENT SWAPS / NOTES:** If you can't find pork fillet, try pork leg or rump steaks instead (reduce time in oven to 10-15 minutes). Pork could be swapped for chicken tenderloins or even firm fish fillets (reduce cooking time to 10 minutes for the fish). Packets of Asian slaw usually come with a dressing - try using this on the leftover slaw to serve with another meal.

**STORING AND REHEATING:** Refrigerate individual portions of rice, pork and sauce and reheat in the microwave. Add slaw and seeds just before serving. Note that the slaw is generally better fresh (it can get a bit watery over time).