

# 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](http://www.taste.com.au)