

# Springtime with pork

## Discover Pork

Cooking with pork is an ideal way of supporting a balanced family diet and a busy lifestyle, as it is a natural source of protein, vitamins and minerals. What's more, the recipes featured will satisfy even the heartiest of appetites.

Lean pork is also naturally low in sodium and fat so it's a great ingredient to help meet government guidelines that recommend we should be reducing the levels of salt and fat in our diets.

## Discover the East with Pork

### Teriyaki Pork Steaks with Noodle Salad

Serves: 2

Preparation time: Approx 15 mins plus marinating time

Cooking time: 12-16 mins

Calories (per serving): 1780kJ/423 kcal

Fat (per serving): 9g

#### Ingredients

- 2 lean loin or leg pork steaks
  - 2 cloves of garlic
  - 2cm/¾" fresh root ginger
  - 15ml/1tbsp soy sauce
  - 15ml/1tbsp honey
- For the Noodle Salad**
- 100g/4oz egg noodles
  - 75g/3oz bean sprouts
  - 2 spring onions
  - 1 head of pak choi
  - ½ red pepper

#### Method

1. Place trimmed pork loin or leg steaks in a dish and add garlic - crushed, root ginger - peeled and grated, soy sauce and honey. Mix well, cover and refrigerate for 1-2 hours.
2. Cook egg noodles until soft. Add beansprouts, spring onions, sliced, pak choi, sliced and red pepper, seeded and sliced.
3. Dry-fry the pork steaks on a pre-heated griddle for 6-8 mins on each side, (or use a pre-heated grill).
4. Serve the pork steaks with the noodle salad, drizzled with the juices from the pan.



## Bacon Uncovered this Spring

- Bacon and goats' cheese tarts
- Bacon frittata
- Bacon, carrot, butterbean and coriander soup

Recipes available at [www.lovepork.co.uk](http://www.lovepork.co.uk)

What about trying one of the all time greats?

The bacon butty is a great outdoor snack for the kids to try cold with salad leaves and tomato, for picnics and snacks.

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Recipe photography by Steve Lee.