

Asian-glazed pork cutlets with orange and avocado salad



Serves: 4



Cooking Time 15 minutes



Level: Capable



INGREDIENTS

1/2 cup char siu sauce (see note)
2 teaspoons grated fresh ginger
3 tablespoons (90g) honey
1/3 cup (80ml) lemon juice
2 teaspoons sesame oil
1 tablespoon vegetable oil
4 x 240g pork cutlets
Steamed white rice, to serve Orange & avocado salad
Orange & avocado salad
2 oranges
1 ripe avocado, sliced
1 bunch watercress, leaves picked
1/3 cup (80ml) olive oil
1 teaspoon grated fresh ginger

PREPARATION

1. Preheat the oven to 180°C. Mix together the char siu sauce, ginger, honey, lemon juice, sesame oil and 1/4 cup (60ml) water. Heat vegetable oil in a large non-stick ovenproof frypan over medium-high heat. Cook pork for 2 minutes each side or until golden. Pour over sauce, then transfer pan to oven and roast for 10 minutes, basting once, until cooked through.
2. Meanwhile, for the salad, remove the orange peel and pith. Holding fruit in your hand (over a bowl to catch the juice), cut segments away from the membrane with a small knife. Squeeze remains to catch extra juice, then place segments in a bowl with avocado and watercress. Place oil, ginger and 2 tablespoons orange juice in a small jar, add salt and pepper, then shake well to combine. Toss salad with dressing.
3. Remove pan from oven and place pork on a plate, loosely covered with foil, to rest. Return pan to stove on medium heat, and reduce sauce, stirring for 2-3 minutes until thickened. Drizzle sauce over pork and rice on plates and serve with salad.