



Honey Soy Pork and Rainbow Coleslaw

(10 lunches or serves 6 for dinner)

Ingredients

- 1.4kg pork fillets
- 3 tablespoons soy sauce
- 1 tablespoon honey
- 1 teaspoon dried mint leaves
- Pinch sea salt flakes
- ½ medium size green cabbage, thinly sliced
- ¼ medium size red cabbage, thinly sliced
- 3 medium carrots, grated
- 1 tablespoon parsley leaves, roughly chopped
- ¼ cup extra virgin olive oil
- ¼ cup freshly squeezed lemon juice
- 2 tablespoons mustard sauce
- Sea salt flakes and freshly ground black pepper, to taste
- Lemon cheeks, to serve

Method

1. Place the pork fillets, soy sauce, honey, mint leaves and salt in a medium bowl and mix together so that the fillets are well coated with the marinade. Cover and refrigerate for at least 2 hours.
2. After that time, take the meat out of the fridge and allow to sit on the bench for about half an hour before cooking. Preheat the oven to 180C.
3. Place a large ovenproof frypan on the cooktop and heat over a high heat till sizzling hot. Add the meat, sear on all sides taking care not to turn the fillets too many times. Once it is well caramelised all over, place the frypan in the preheated oven for 15 minutes. After that time, take the frypan out of the oven, cover loosely with foil and allow the meat to rest for 15 minutes.
4. In the meantime, place the cabbages, carrot and parsley in a bowl and set aside.

Meal prep

Place the olive oil, lemon juice, mustard, salt and pepper (to taste) in a small jar and shake well to combine. Separate the dressing into small pots to add to the coleslaw just before eating. Slice the pork into 1cm thick slices. Place about 100g of the meat into separate containers, add about 150g coleslaw, a dressing pot and a small wedge of fresh lemon to the container then seal to enjoy as meal prep.

Family meal

Place the oil, lemon juice, mustard, salt and pepper in a small jar and shake well to combine. Pour the dressing over the coleslaw, toss it all together and place it in a serving plate. Slice the pork into 1cm thick slices, place in its serving plate, scatter lemon cheeks around the plate and serve alongside the coleslaw.