

# Jenny Beard's Sticky Pork Salad

This recipe was shared with Kate by a friend and ex work colleague, Jenny Beard, who worked for many years in the local food and tourism scene in Herefordshire, including teaching at Hereford College catering department where she inspired many future chefs.

Jenny recently died and so this recipe is in her memory, it is always a crowd pleaser and very easy to prepare.

## Ingredients

Pork fillet to feed however many you are catering for – check cooking time depending on size of fillets – I always check with a meat probe.

**Marinade** (amounts here are to marinade pork for 6 people)

3tsp five spice	3tbs dark soya sauce
Seasoning	3 crushed garlic cloves
2tbs dark brown sugar	3tbs oil
1tbs thyme	3 shallots (or finely diced onion)
2 red chillies – deseeded and finely sliced, or dried chilli flakes if all that is available	

Marinate the pork fillet(s) overnight ( a couple of hours works as well).

Line a shallow roasting pan with foil and place in the pork the fillets and marinade.

Roast for 5 mins. at 200C, reduce temperature to 190C and cook for a further 15 mins. Baste and turn twice during the cooking period.

Cover with foil and leave pork in the pan and allow to cool in the marinade.

Once cool, reserve the marinade and slice the pork thinly.

## Salad

1 crispy lettuce (Cos/ Romaine)  
1 cucumber – peeled, seeded and sliced thinly into batons  
4 spring onions – halved and shredded into strips  
Handful each of mint, basil and coriander leaves left whole  
2tbs roasted peanuts

## Salad Dressing

Juice of 2 limes  
1tsp sesame oil  
2tbsp olive oil  
2tsp caster sugar  
Pinch of salt  
Whisk dressing ingredients together

## To serve

Toss the salad ingredients together in a deep bowl, or rectangular serving dish, and dress with salad dressing.

Arrange the pork slices in top and drizzle with remaining marinade.

## Kate's Notes:

*This is a very forgiving recipe, marinade for only 10 minutes, use lettuce you have, serve the pork still warm or completely chilled – people always love it.*

*Can be served a starter, a dish at a party or barbecue, or as a main meal – I sometime add new potatoes or crusty bread.*