

# DINNERLY



⚡ FAST

🍏 HEALTHY

🔍 ONE PAN

## Glazed Five-Spice Pork with Pak Choy Slaw and Omelette



20-30 minutes



2 Servings

Dust juicy pork steaks with Chinese five-spice, cook in a honey and soy glaze, then pair it with a crunchy slaw of pak choy, cabbage and carrot. It's easy, restaurant-style dining at home.



## WHAT WE SEND

- 1 bunch pak choy
- 150g red cabbage
- 1 carrot
- 2 tbs kecap manis <sup>1,6,17</sup>
- 5g Chinese five-spice <sup>1,6,17</sup>
- 2 pork loin steaks

\* The remainder of this ingredient won't be used in this recipe.

## WHAT YOU NEED

- 2 eggs <sup>3</sup>
- 1 tbs soy sauce <sup>6</sup>
- 1 tbs white vinegar
- 1 tsp honey
- 1 tbs mayonnaise <sup>3</sup>
- 1 ½ tbs vegetable oil

## TOOLS

- julienne peeler or box grater
- medium frypan

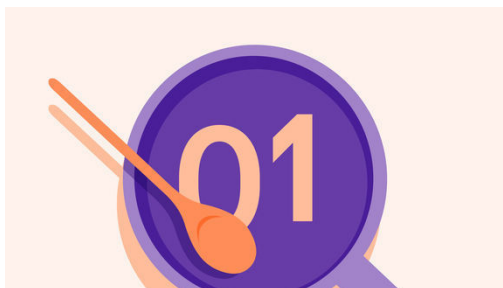
Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Egg (3), Soy (6), Sulphites (17).  
May contain traces of other allergens.

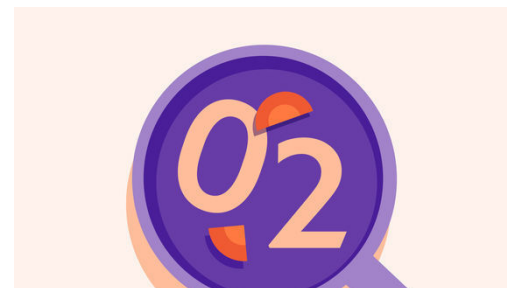
## NUTRITION PER SERVING

Energy 505kcal, Fat 28.1g, Carbs 13.8g,  
Proteins 46.6g



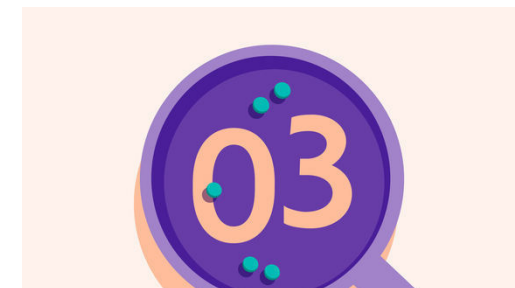
### 1. Prep ingredients

Trim, then thinly slice the **pak choy**. Thinly slice the **cabbage**. Peel the **carrot**, then shred using a julienne peeler or coarsely grate with a box grater. Put **2 eggs** in a bowl, season with **salt and pepper** and whisk to combine.



### 2. Make glaze and dressing

Put **2 tsp kecap manis**, **1 tbs soy sauce**, **1 tbs white vinegar** and **1 tsp honey** in a bowl. Season with **pepper** and stir to combine. Put **2 tsp kecap manis\*** and **1 tbs mayonnaise** in a separate large bowl and stir to combine.



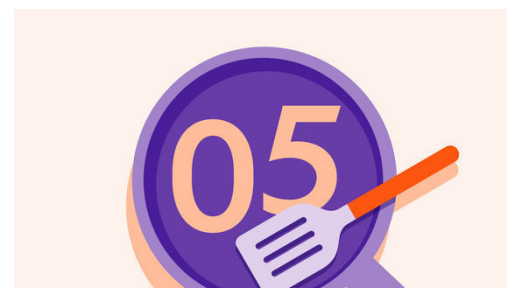
### 3. Cook pork

Dust the **pork** with **1 tsp five-spice powder\*** and season with **salt and pepper**. Heat **1 tbs vegetable oil** in a medium frypan over medium-high heat. Cook the pork for 3-4 mins each side until golden and cooked through (see Kitchen 101). Add the **soy glaze** and cook for 30 secs or until sticky.



### 4. Cook omelette

Transfer the **pork and glaze** to a plate to rest for 3 mins. Wipe the pan clean. Heat **2 tsp vegetable oil** in the pan over medium-high heat. Cook the **egg mixture**, swirling to coat the base of the pan, for 1 min until just set on the bottom. Turn and cook for 1 min or until set. Remove from the pan, loosely roll up the **omelette**, then cut into strips.







### 5. Serve up

Add the **carrot**, **cabbage** and **pak choy** to the **mayo dressing** and toss to combine. Divide the **slaw** among plates and top with the **omelette strips**. Add the **pork**, drizzle with any resting juices, and enjoy.



### 6. Kitchen 101

Pork is at its tender and juicy best when it's cooked to medium, so don't be afraid of a little colour. Gone are the days when we cooked pork all the way through until white (and bone dry); nowadays, it's completely safe – and tastier – to eat pork with a hint of blush pink in the middle.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)  
View the recipe online by visiting your account at [dinnerly.com.au](https://dinnerly.com.au)     **#dinnerly**

 **Packed in Australia**  
from at least **90%**  
Australian ingredients