

DINNERLY



⚡ FAST

🍏 HEALTHY

🔍 ONE PAN

Glazed Five-Spice Pork with Pak Choy Slaw and Omelette



20-30 minutes



4 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
- 300g red cabbage
- 2 carrots
- 2 tbs kecap manis ^{1,6,17}
- 5g Chinese five-spice ^{1,6,17}
- 4 pork loin steaks

WHAT YOU NEED

- 3 eggs ³
- 2 tbs soy sauce ⁶
- 2 tbs white vinegar
- 2 tsp honey
- 2 tbs mayonnaise ³
- 60ml (¼ cup) vegetable oil

TOOLS

- julienne peeler or box grater
- large frypan

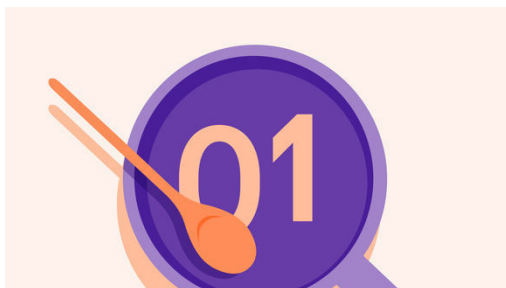
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

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

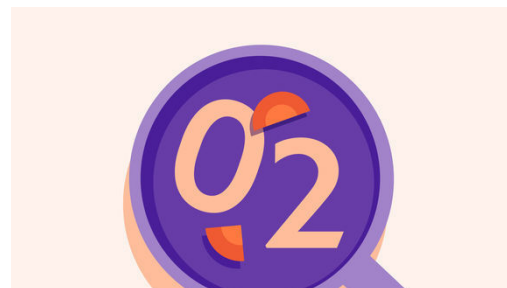
NUTRITION PER SERVING

Energy 485kcal, Fat 27.1g, Carbs 13.5g,
Proteins 44.3g



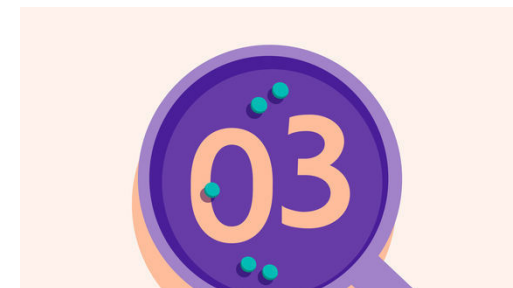
1. Prep ingredients

Trim, then thinly slice the **pak choy**. Thinly slice the **cabbage**. Peel the **carrots**, then shred using a julienne peeler or coarsely grate with a box grater. Put **3 eggs** in a bowl, season with **salt and pepper** and whisk to combine.



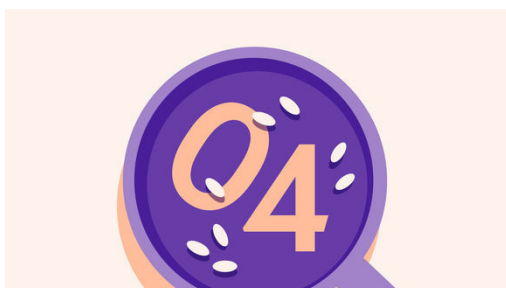
2. Make glaze and dressing

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



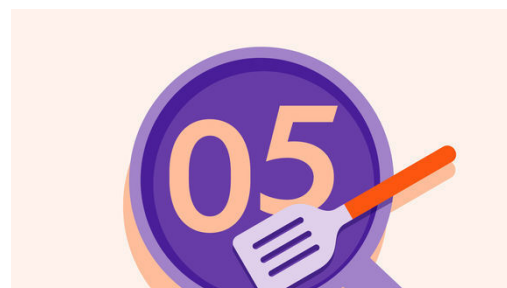
3. Cook pork

Dust the **pork** with **2 tsp five-spice powder** and season with **salt and pepper**. Heat **2 tbs vegetable oil** in a large 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 **1 tbs 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.