

FRUITY ZESTY WARM PORK SALAD

Feeds: 2
Time to cook: About 10 minutes

Take....

Lean pork fillet
Limes
Black pepper
Mango
Mint
Large pasta shapes
Flageolet beans
Spinach leaves



Make....

Take **225g (8oz) lean, fully trimmed pork fillet** and cut into thin medallions. Marinate in rind and juice of **1 lime** and season well with **black pepper**. Cover and marinate in fridge for about 15-20 minutes

Make Dressing: Peel **1 ripe mango** and roughly slice, place in food processor and add **30ml (2tbsp) fresh mint**, and **juice from 1 lime**. Whiz together to form a smooth dressing.

Cook **225g (8oz) large pasta shapes** according to pack instructions. Heat wok or griddle pan, drain juice from pork and discard. Cook pork for 2-4 minutes each side until lightly browned.

Pile into a large bowl the pasta, pork slices, **300g (approx) can drained and washed flageolet beans** and a handful of **baby spinach leaves**.

Eat....

Toss together and serve with a large dollop of dressing.

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