



PORKY POINTERS

Take your meat beyond the weekend with some recipe suggestions of how to make your joint last for several meals:

Potted Meats: shred cooked pork finely and mix with lemon juice, fresh coriander, green chilli, black pepper & spring onions – press into small pots and top with melted garlic butter and serve with hot toasted bread, gherkins and a squeeze of lemon juice

Shredded Pork Stir-fry: Cooked pork stir-fried in hot pan with finely cut spring onions, carrots, bean sprouts and shredded pak choi and spinach – served in Chinese pancakes or flour tortilla wraps with plum sauce

3 rice & Pork Salad: Wild, brown and basmati rice boiled and served with shredded cooked pork mixed with green chillies, cucumber and fresh mango drizzled with fruit dressing (left over fruit smoothie mixed with a little olive oil & balsamic vinegar)

Fajitas: Thin shreds of cooked pork, griddle seared with green & red pepper and red onion strips served rolled in flour tortillas with tomato salsa (made cheaply with a tin of toms, spring onion & fresh coriander and a pinch of hot chilli powder – much cheaper than buying a small pot)

Pork Caesar with strips of cooked pork served with garlic croutons and grilled streaky bacon rashers drizzled with Caesar dressing

Pork & sweetcorn Chinese style soup: Shredded cooked pork simmered with stock, sweetcorn, garlic and finished with coriander and served with prawn crackers

Pork Frittata: Strips of cooked pork mixed with cooked potato, green beans, peppers, courgettes and cooked with herby seasoned egg mix

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