

Teriyaki Pork Steaks

Feeds: 2

Time to cook: Approximately 15 minutes plus marinating time

Take...

Lean loin or leg pork steaks

Garlic

Fresh root ginger

Soy sauce

Honey

For the noodle salad:

Egg noodles

Beansprouts

Spring onion

Pak choi

Red pepper



Make...

- 1** Place **2 lean, fully trimmed pork loin or leg steaks**, fully trimmed, in a dish and add **2 cloves garlic**, crushed, **2cm(¾") root ginger**, peeled and grated, **15ml(1tbsp) soy sauce**, and **15ml(1tbsp) honey**. Mix well, cover and refrigerate for 1-2 hours.
- 2** Cook **100g(4oz) egg noodles** until soft, run under cold water to cool. Add **75g(3oz) beansprouts**, **2 spring onions**, sliced, **1 head pak choi**, sliced, and **½ red pepper**, seeded and sliced.
- 3** Dry fry the pork steaks on a preheated griddle for 6-8 minutes on each side (or use a preheated grill).

Eat....

Serve the pork steaks with the noodle salad drizzled with the juices from the pan.

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