

MATETSI

VICTORIA FALLS

Sticky Asian Pork Salad

Serves 4

Ingredients:

For the pork

3 whole pork fillets, trimmed and sliced into 4mm thick slices

½ cup of corn flour for dusting pork

½ cup sesame seeds

100ml sesame oil

Sticky honey soy glaze

¼ cup soya sauce (I prefer the low sodium soya sauce)

¼ cup honey

1 tsp. minced ginger

½ tsp. crushed garlic

1 red chilli deseeded and chopped

2 tbsn fish sauce

Asian julienne herb salad

For this section it is best to have a julienne peeler, if you don't then simply use a normal peeler then slice each ingredient into thin strips (julienne).

3 carrots- peeled and julienned

Spring onion thinly slice and placed in ice water

1/2 cucumber deseeded and julienned

Radish / Rainbow beets thinly sliced

½ cup mint, stalks removed and roughly cut with a sharp knife

½ cup sweet basil sliced

½ cup Cilantro roughly cut

100g dried glass rice noodles

½ cup pickled sushi ginger cut into thin strips

4 limes cut in half

1 cup bean sprouts

Method:

Start by making the glaze, gently heat the sesame oil in a sauce pan. Add in the ginger and garlic and gently cook without colour. Next pour in all the other ingredients and bring to a gentle boil for 10 minutes. Remove from the heat and allow to cool.

Next place the glass noodles in a glass bowl then cover with boiling water, wrap with cling film and allow noodles to cook. Once soft strain through a colander and rinse with cold water. Drain thoroughly and dress with a little of the sticky glaze, some sesame oil and a squeeze of lime, set aside in a fridge.

Next take all the fresh ingredients and toss them until thoroughly combined, wrap and place in the fridge ready to be plated.

For the pork, toss the pork in the sesame seeds and then dust with corn flour. Heat a large frying pan or wok and add in a splash of sesame oil. When the oil is hot quickly place in the pork fillet and stir fry in 3 batches, cooking for approximately two minutes, being careful not to overcook.

Next place all the pork in the wok and liberally baste with the soy glaze whilst tossing on a high heat for two minutes. Remove and cool in a large flat baking tray.

To plate, in a large bowl lay down the dressed noodles, next top with the herb salad and finally place the pork fillet in and around the bowl. Lace with a little more of the glaze, sprinkle a little soya sauce, and sesame seeds and serve with a half cut lime.

Enjoy!