



Mandarin & Chilli Pork Tray Bake

SERVES: 4 | TOTAL TIME: 1 HOUR 5 MINUTES

INGREDIENTS

- 1 ½ tbsp peanut oil
- 4 x 250 g pork cutlets
- 3 green onions (shallots), trimmed and thinly sliced
- 2 garlic cloves, finely chopped
- 1 tbsp finely grated fresh ginger
- 2 long red chillies, halved lengthways, deseeded and finely chopped
- 1 small red chilli, halved lengthways deseeded and finely chopped
- 1 cup freshly-squeezed mandarin juice (about 8 mandarins)
- 1 tbs tamarind puree
- 1 tbs brown sugar
- 3 tsp fish sauce
- 2 mandarins, peeled and segmented (remove white pith)
- Coriander leaves, steamed Asian greens and jasmine rice, to serve

DIRECTIONS

1. Preheat oven to 200°C/180°C fan-forced. Heat 1 tbsp oil in a large frying pan over medium-high heat. Season pork cutlets with salt and pepper and cook for 1 to 2 minutes on each side until browned. Place pork onto a large baking tray lined with baking paper.
2. Add green onions, garlic, ginger and chillies to the frying pan and cook, stirring, over medium heat for 2 to 3 minutes, until softened. Add mandarin juice, tamarind puree, fish sauce and brown sugar. Stir to combine and bring to the boil. Reduce heat and simmer, stirring occasionally, for 15 minutes until sticky.
3. Pour hot mandarin mixture over the pork. Add mandarin segments. Bake for 6 to 8 minutes or until pork is golden and just cooked through.
4. Scatter with coriander leaves and serve pork with steamed Asian greens and jasmine rice.