

Aromatic Chinese Pork

ingredients

- 24 Green Gourmet Pork loin fillet 57g
- 3 tblsp Chinese five spice seasoning
- 3 tblsp vegetable oil
- 2 small jars sweet chilli sauce
- 4 tblsp soy sauce
- 2 tblsp lemon juice
- 10 small spring onions, finely sliced
- 1 medium cucumber, finely sliced
- 24 tortillas or flatbreads



cooking instructions

- ❖ Lay out the pork fillets in an oiled tin.
- ❖ Sprinkle on the Chinese five spice seasoning.
- ❖ Place into a pre-heated oven (180°C/gas 5) for 12-14 mins to fully cook.
- ❖ Mix the sweet chilli sauce with the soy sauce and lemon juice.
- ❖ Chop the spring onions into fine rings and slice the cucumber into fine strips.
- ❖ Cut the pork fillets into strips

assembly

- ❖ Warm up the tortillas or flatbreads in a microwave or low temperature oven.
- ❖ Place the pork strips along the centre of the wrap and sprinkle a small handful of spring onions on top.
- ❖ Lay a handful of the cucumber strips alongside.
- ❖ Finish with a spoonful of the mixed sauce and fold the wrap.

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Ingredients

	weight		ingredient cost/kg £	ingredient costs £
Green Gourmet Pork Loin Steak 57g	1368	g	5.53	7.57
Chinese 5 spice powder	30	g	22.94	0.69
vegetable oil	30	g	0.43	0.01
chilli sauce	300	g	6.27	1.88
soy sauce	64	g	5.87	0.38
lemon juice	32	g	1.68	0.05
spring onions	120	g	5.44	0.65
cucumber	480	g	2.13	1.02
tortillas	1440	g	1.08	0.78
Total	3864	g		13.04
Number of portions	24			
Portion weight	156	g		
Cost per portion	54	p		

Nutritional Profile

L	fat
L	saturates
L	sugars
M	salt

Cooked analysis: Nutrients

	analysis per 100g	
energy	172.8	kcal
fat	3.0	g
saturated fatty acids	0.8	g
carbohydrates	28.6	g
NME (non-milk extrinsic) sugars	3.6	g
fibre/NSP (non-starch polysaccharides)	1.2	g
protein	10.0	g
iron	1.4	mg
calcium	61.7	mg
vitamin A (retinol equivalents)	13.8	µg
folate	8.7	µg
vitamin C	2.2	mg
sodium	459.6	mg
zinc	0.9	mg



Additional Nutritional Information

This wrap is rich in both iron and zinc; minerals that are often lacking in children's diets.

Allergen information:

Flour tortillas contain wheat, a potential allergen. These could be substituted with corn tortillas. Please check labels of ingredients for other potential allergens.

Serving suggestions:

For variety, try this wrap with bean sprouts which are a useful source of vitamin C and the B vitamins.