

GRAB and GO

Chinese Pork in a Wrap

A take-away with all the flavour of the Orient – pork loin steaks cooked with a sprinkling of Chinese 5 spice and served in a wrap with spring onions, cucumber and a sweet chilli sauce.

Makes 10 portions (131g/cooked portion)

Ingredients

500		10 Green Gourmet Great British Pork Loin Steaks (GG Code - 7936)
560g		10 x 10" tortilla wraps
3g	(1 tblsp)	Chinese 5 spice seasoning
180g	(12 medium)	spring onions, shredded
150g	(½ medium)	cucumber, finely chopped
100ml		sweet chilli sauce

Method

1. Place the Green Gourmet Great British Pork Loin Steaks on an oiled tray, sprinkle with 5 spice, cover and bake at around 15 minutes at 180 °C/350 °F/Gas 4. Remove lid for the last 5 minutes
2. Place the tortillas in a covered tin and warm in the oven
3. Shred the spring onions and cucumber
4. Spread a teaspoon of the chilli sauce over each tortilla; add the spring onions and cucumber in a line
5. Slice the pork loin steaks and place on top of the vegetables
6. Roll into a wrap and serve

Serving Suggestions

This could be made into a complete meal by placing the rolled tortillas in a tin, cover with a warmed through sweet and sour sauce and serve with a mixture of Chinese vegetables and a small portion of noodles

Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
186.1	2.7	0.8	30.2	4.2	1.3
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
11.4	1.3	0.9	64.9	1.9	2.1
Folate (µg)	Sodium (mg)				
7.8	269.5				

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