

5 SPICE PORK STEAKS

Nothing goes with pork more than Chinese flavours. Shoulder pork steaks stay juicy because they have a marbling of fat, where loin chops would dry out.



Set the oven to 230C/450F/
Gas8.

Mix the spices together and rub into the pork. Place on a baking sheet and put into the oven.

Cook for 10min, then remove from the oven and rest for 5 min. Serve with potatoes or rice, vegetables or salad.

1 pork shoulder steak (175g)
½ tsp Chinese 5 spice powder
½ tsp black pepper
1 tsp soy sauce
1 tsp sesame oil
Pinch of salt

Per serving 452Kcal, 27g Protein, 37.4g Fat (11.6g saturated), 1.1g Carbs, 0.1g Sugar, 997mg salt

Hints, Tips and Variations

- ◆ *Wheat, gluten & dairy free*
- ◆ *This would also work well with beef or chicken, just adjust the cooking time to suit.*
- ◆ *Don't be put off by the marbling of fat through the pork, a lot of it renders out in the cooking.*