

Sweet Glazed Pork, Rosemary New potatoes & Baby Corn



Serves 2 Prep 5 mins + 10 mins marinating Cook 10mins Easy

Ingredients

1/2 tsp Chinese five-spice powder
1 tbsp clear honey
splash orange juice
2 pork loin steaks or chops trimmed of fat
750g small new potatoes, larger ones to be cut in half
3 sprigs or rosemary or a tbsp dried rosemary
25g unsalted butter or 2 tbsp olive oil
salt & pepper
serve with baby corn

For the potatoes

1. Peel the potatoes, parboil for five minutes, then place in a wide shallow pan with the chopped rosemary, butter or oil and seasoning. Heat gently until the butter is melted or the oil is warmed then cover and cook over a low heat (shaking the pan from time to time to prevent the potatoes sticking) for about 15 mins. The bigger they are, the longer this will take.

For the sweet glazed pork

1. Mix the five-spice powder, honey and enough orange juice to loosen, then smear over the chops. Leave to marinate for 10 mins.
2. Heat the grill to medium, then grill the chops for 4 -5 mins on each side, basting with any leftover glaze, until cooked through.
3. Serve with pak choi or other vegetables, such as baby corn.