



# Hot pork and bean salad



Serves: 4

## Time

Preparation time 20 minutes (plus 2 hours marinating time)

Cooking time 15 minutes

## Ingredients

- 350g pork fillet
- 2 tablespoons sunflower oil
- 1 garlic clove, peeled and chopped
- 2 tablespoons vinegar
- 2 oranges, grated rind and juice
- pepper
- 2 tomatoes, roughly chopped
- 1 bunch spring onions (scallions), sliced
- 25g walnut pieces
- 225g French beans, trimmed

## To serve

- crusty bread

## Method

1. Trim pork fillet, cut across into very thin slices and place in a shallow dish.
2. Mix 1 tablespoon oil with the garlic, vinegar, orange rind and juice and pepper to season. Pour mixture over the pork, cover and leave to marinate for 2 hours.
3. Place tomatoes, spring onions and walnuts in a salad bowl.
4. Drain pork, reserving the marinade.



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5. Heat the remaining oil in a pan and cook pork for 2–3 minutes until each side is golden.
6. Cook French beans in boiling salted water for 3 minutes until tender, then drain.
7. Transfer pork and beans to salad bowl.
8. Add reserved marinade to pan and boil briskly for 1–2 minutes, pour over salad and toss. Serve with crusty bread.