

Pork Salad with Mustard & Honey Dressing

Serves

4

Prep Time

10 mins

Cooking Time

10-15 mins



Ingredients

- 4-5 slices thinly cut cold Specially Selected Pork
- 250g tiny new potatoes
- 2 medium free-range eggs (optional)
- A handful of fine green beans, trimmed and halved
- 1/2 bag spinach, watercress and rocket salad
- 2 tomatoes thinly sliced

For the dressing:

- 1 tbsp seeded or Dijon mustard
- 1 tsp liquid honey
- salt and black pepper
- 2 tbsp cider vinegar
- 5 or 6 tbsp olive oil

Cooking Method

- 1 - Cook the potatoes in fast boiling water for 10 minutes or so until tender, then drain and keep warm. Also cook the beans in boiling water for 3 or 4 minutes till just tender, drain well and refresh under cold running water and leave to cool.
- 2 - Place the eggs into boiling water and cook for 6 minutes then drain and run for a minute or two under cold running water, then peel.
- 3 - Shake up all the dressing ingredients in a jam jar with a lid until emulsified and thick.
- 4 - Arrange the green salad leaves on 2 plates then top with sliced tomatoes and a scattering of green beans. Cut the eggs into quarters and arrange with the potatoes around the edge of the salad and top with some slices of meat.
- 5 - Remove the rind from the pork and chop into small pieces. Heat the oil in a small frying pan and gently fry the pork rind for 4-5 minutes, stirring, until puffed up and crispy. Drain and sprinkle over the sliced pork.
- 6 - Dress with a little of the salad dressing and serve the remainder separately.



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