



SPICY BARBECUED PORK WITH COLESLAW

- 2 tbs barbecue sauce
- 1 tbs worcestershire sauce
- 2 tbs maple syrup
- 3 garlic cloves, crushed
- 1 long red chilli, finely chopped
- 6 pork loin steaks (about 125g each)
- 1 tablespoon olive oil
- 600g steamed chat potatoes

Coleslaw

- 2 tbs mayonnaise
- 100g plain reduced-fat yoghurt
- 1 tbs white vinegar
- 4 cups shredded cabbage
- 2 large carrots, peeled, cut into thin ribbons
- 1/2 cup pecan nuts, chopped
- 4 green onions, thinly sliced
- 1 large green capsicum, thinly sliced

Place barbecue sauce, worcestershire sauce, maple syrup, garlic and chilli in a glass or ceramic dish. Stir to combine. Add pork. Turn to coat. Cover. Refrigerate for 3 hours (if time permits).

Heat oil in a large frying pan over medium-high heat. Cook pork for 5 minutes each side or until cooked through. Reserve 2 steaks for Pork and coleslaw sandwiches (see related recipe).

Meanwhile, place mayonnaise, yoghurt, and vinegar in a large bowl. Stir to combine. Add cabbage, carrot, nuts, onion and capsicum. Toss to combine. Divide coleslaw between plates. Top with pork. Serve with potatoes.

