



## 5 Minute Pork Fillet

### INGREDIENTS

- 500g whole 100% New Zealand Trim Pork fillets (2-3)
- 1 Tablespoon canola oil

### METHOD

1. Slice the fillets into 3cm rounds
2. Heat the oil in fry pan, add the pork and pan fry for 2-4 minutes.
3. Serve with a red cabbage and carrot coleslaw or stir fry

Preparation Time – 2 mins

Serves 4

Cook Time – 5 minutes max

### Hints/Tips

- Only turn the pork once
- Season the pork surface after turning with freshly ground black pepper
- Serve for lunch with crusty bread or for dinner with mashed potatoes

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