



BARBECUED PORK AND GREEN APPLE SALAD



Pairs well with McWilliams Hanwood Estate® Cabernet Sauvignon

Serves Four

- 14 oz pork fillet
 - 2 medium green apples or green mangoes
 - 1/2 teaspoon salt
 - olive oil spray
 - 3 cloves garlic, sliced
- 4 scallions, trimmed and sliced diagonally
 - 1 tablespoon fish sauce (or light soy sauce)
 - 3 tablespoons roasted peanuts, crushed
 - 1 teaspoon palm sugar (or brown sugar)
 - 1/2 teaspoon ground white pepper
 - 1 large green chili, de-seeded and finely sliced

In the kitchen

Trim the pork to make sure all fat and silver tissue is removed. If using apples, core and quarter them, then slice very finely. If using mangoes, peel off the skin and slice the flesh from the seed, then cut very finely into batons.

Place the slices of fruit in a bowl, sprinkle with salt and toss.

At the barbecue

Spray the pork fillets with oil and put on the flat grill plate of your barbecue. Roll the fillets so they are sealed on all sides, then transfer to the open slats to cook through; be careful not to overcook the pork.

When cooked, remove to rest for 5 minutes before slicing. Spray the flat plate with oil and toss on the garlic and spring onion slices for 1 minute, then remove and set aside.

At the table

Slice the pork finely into 1/2 - 3/4 in thick rounds and halve if large slices. Add pork slices to the apples (or mangoes) and add the other ingredients except for the chili. Toss salad gently and then sprinkle the sliced chili over the top.

Recipe courtesy of Peter Howard

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