



SLICED PORK AND APPLE SALAD

INGREDIENTS

- 2 Pork chops
- 100 g Rocket
- 100 g Red cabbage (thinly sliced)
- 2 Granny Smith Apples (thinly sliced)
- 100 g Raddichio
- 50 g Red chard
- 5 tbsp Country Range Citrus & White Balsamic Dressing
- 1 tbsp Country Range Olive-Pomace Oil

METHOD

1. Brush the pork chops with a little oil and place on a hot griddle pan
2. Cook for 5-6 minutes on each side until cooked through
3. Remove from griddle and set aside to cool
4. Remove the fat and slice in to 1cm thick slices
5. In a large bowl combine the raddichio, red cabbage, rocket and apples
6. Add the Citrus & White Balsamic Dressing and toss together
7. Serve in a small bowl and top with slices of the griddled pork