

Sticky Sweet Asian Pork

Sweet Spice Blend Asian Dressing

Serves 1

Preparation time 5 minutes

Cooking time 20minutes

Ingredients:

1 Pork tenderloin*

Olive oil spray

½ teaspoon Sweet Spice Blend

¼ teaspoon Fennel seeds

1 star anise

2 tablespoons Asian Dressing

1 teaspoon Xylitol

¼ cup water



Method:

1. Preheat oven to 180°C.
2. Rub pork fillet with **Sweet Spice Blend** and fennel seeds.
3. Heat a lightly oiled fry pan over high heat and sear pork on both sides for approximately 1 minute each side, then transfer pork onto a piece of foil, or baking paper, large enough to enclose the pork. Fold up the sides of foil or baking paper.
4. Mix **Asian Dressing** and Splenda together and pour over pork. Add star anise and wrap foil or baking paper to seal and enclose the pork.
5. Place parcel on a baking tray and bake for about 20 minutes or until cooked to your liking.
6. Remove pork from foil and reserve the baking juices. Allow the pork to rest 5 minutes.
7. Pour baking juices into the fry pan with water and bring to the boil. Reduce heat and simmer for 3-4 minutes.
8. Serve pork with steamed Asian greens drizzled with baking juices.

* Adjust weight to your portion size

...Cook's Tips

Extra servings:

To increase servings to include the rest of the family simply times ingredients by how many servings are required. (e.g. 2 x teaspoons of Sweet Blend. etc for four people)

For those not on the Quick Loss program

Serve with Boiled Rice.