Almond-Crumbed Pork with Asian Slaw

A crunchy ground-almond crust bakes up golden, with a sharp, crisp slaw to cut through it.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**20 min**	**35 min**	**4**	**EASY**

Ingredients

- 4 pork loin steaks
- 80 g ground almonds
- 1 egg (beaten)
- 200 g red cabbage (shredded)
- 1 carrot (shredded)
- 1 tbsp rice vinegar
- 1 tsp sesame oil
- 1 small handful fresh coriander

Method

1. Heat the oven to 200°C (fan 180°C). Dip each pork steak in beaten egg, then press into the ground almonds to coat well.
2. Place on a lined baking tray and bake for 18–20 minutes, until golden and cooked through.
3. Meanwhile, toss the cabbage and carrot with the rice vinegar and sesame oil.
4. Scatter the slaw with coriander.
5. Serve the pork with the slaw alongside.

Tips & swaps

- Bash the pork steaks flatter first with a rolling pin for quicker, more even cooking.
- Ground almonds give a much better gluten-free crust than most gluten-free breadcrumbs.

Storage & reheating

Best eaten fresh; reheat pork in the oven to keep the crust crisp.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
380	**36g**	**10g**	**22g**	**4g**

Estimated values, for guidance only. Contains: Egg, Tree nuts (almonds).