

Spicy Peanut Pork Fillet with Noodles & Asparagus

I have discovered that one way to be inspired in the kitchen is to purchase different types of meat, pop it in the freezer and then peruse magazines and cook books and google recipes until I can come up with something blog-worthy. This is exactly how this Pork Fillet dish came about. They were on special and looked lovely and plump and juicy and I have been itching to add a new Asian inspired recipe to the website. I pretty much had the rest of the ingredients in the pantry and garden and had also purchased a heap of gorgeous in-season asparagus to cook for a big family breakfast, which I forgot about when cooking the breakfast. I also seriously love pork fillet. It is super quick to cook, versatile and actually quite an economical cut of meat as there is zero waste and a little goes a long way. I always measure the success of my recipes by my Husbands groaning whilst eating and I can tell you, there was plenty of that going on!

Prep time: 20 Minutes

Cooking time: 20 Minutes + 30 Minute minimum marinating time

\$\$ Medium Budget

Serves 4

Peanut oil for frying (or vegetable)

600gm of Pork Fillet

4 x portions of egg noodles, prepared according to packet instructions

2 tbs of sambal Oelek (Indonesian chilli paste)

1/4 tsp of ground cinnamon

2 garlic cloves, minced

1/2 cup of Kecap Manis

2 tbs of soy sauce

2 tbs of Shaoxing wine (chinese rice wine)

2 tbs of peanut butter (crunchy is best)

4 spring onions, white part sliced into 2cm batons, Green part thinly sliced diagonally for garnish

2 bunches of asparagus, woody ends removed and sliced diagonally into 2cm batons

1 cup of mixed Asian herb leaves (I used Vietnamese mint, mint, coriander & Thai basil leaves but any or all will suffice)

1/2 cup of toasted peanuts, roughly chopped

Chive flowers to serve (totally optional, had them in the garden and they are so pretty!)

In a small bowl combine 1 tbs of sambal oelek, kecap manis, cinnamon, soy, garlic and shaoxing wine. Use a whisk to blend all of the ingredients together really well. Cut the pork fillet in half and place in a shallow dish before spooning over a couple of tablespoons of the marinade, making sure the pork fillet is well covered. Marinate for at least 30 minutes.

Place the Asian herb leaves and the green sliced spring onions in a bowl of iced water. This will keep the herbs and onions lovely and crisp and also curl the onions which I think looks really pretty on the plate. Drain just before serving.

Preheat the oven to 200°C.

Heat a wok or large frypan until nice and hot and add a little peanut oil. Sear the pork fillets on all sides until golden and then transfer to a lined baking tray. Bake in the oven for approximately 12 minutes for medium-well, depending on how you like your pork. You can always slice the pork fillet in the thickest part to check its progress. I, personally prefer pork a little pink as it can dry out quite easily when over cooked. It will also continue to cook on resting. Once cooked to your liking, remove from the oven and allow to rest for 4-5 minutes, loosely covered in foil.

A few minutes before the pork is ready, heat the wok again and add a little more oil. Stir fry the asparagus and spring onion batons until just beginning to change colour and tenderise before adding the cooked and drained egg noodles and the remaining sauce. Keeping the heat nice and high, toss the noodles and vegetables through the sauce for a couple of minutes.

To plate the dish, divide the noodle mixture between four serving plates. Slice the pork fillets diagonally about 1.5-2cm apart and arrange over the noodles. Top with the herb garnish, toasted peanuts and the remaining sambal oelek for extra spice and zing.

If you have remaining Thai Basil, you may like to cook this:
<https://emsfoodforfriends.com.au/thai-basil-beef-stir-fry/>



