



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

FIVE-SPICE PORK STEAK

Time: 15 minutes (plus marinating)

Serves: 4 to 6 (nutrition based on 6)

Ingredients:

2 tablespoons fish sauce
2 tablespoons grapeseed or other neutral-flavoured oil
2 tablespoons agave nectar or honey
3 cloves garlic – finely chopped or grated
1 teaspoon five-spice powder
 $\frac{3}{4}$ teaspoon kosher salt
 $\frac{1}{4}$ teaspoon fresh ground black pepper
2 pounds pork shoulder (butt) steaks

Preparation:

In a small bowl, combine all ingredients except the pork steak.

Place the pork in a large zipper seal bag and pour in the marinade. Coat the pork evenly with marinade, then remove as much air from the bag as possible. Seal and refrigerate overnight or at least a few hours.

Preheat your grill on medium-high. Cook the steaks for three minutes per side or until done to your liking.

Let rest for five minutes before serving.

Nutritional Information Per Serving:

Calories: 290
Fat: 20g
Carbs: 5g
Fibre: 0g
Protein: 25g