

# roast pork salad with red onions, chicory & asparagus



## Ingredients (Serves 4 )

300g pork belly  
1/2 cup soy sauce  
2 tbsl ETA® margarine  
2 small red onions  
1/2 tsp sea salt  
1/2 tsp ground pepper  
100ml ETA® Salfry oil  
80ml balsamic vinegar  
1/2 stick of french bread  
3 tbsl ETA® margarine  
1 tsp chopped parsley  
2 heads of chicory  
1 bunch asparagus, cut in halves

## Method

Cut the pork belly into 2 cm dices. Heat 2 tablespoons ETA® margarine in a medium size brat pan, add the pork belly & roast for about 15 minutes or until crispy. Add the soy sauce & cook until the meat is tender & all the liquid has reduced. Allow cooling down to room temperature. Cut the red onions into wedges & sprinkle with sea salt, pepper, 30ml ETA® Salfry oil & 25ml balsamic vinegar. Set the oven to 180°C & bake the onions for about 50 minutes. Remove from the oven to cool. Cut the french bread in 10 cm long croutons, spread the margarine onto one side & sprinkle with chopped parsley. Place on a baking tray & bake

in the oven for about 10 minutes or until the croutons are golden brown. Remove from the oven & allow to cool. Cut the base of each chicory head & separate the leaves. Wash & drain. Blanch the asparagus spears in boiling water for about 5 minutes. In a large bowl, combine the remaining ETA® Salfry oil, balsamic vinegar, season with salt & pepper, add the chicory, onions & asparagus & toss carefully.

## To assemble

Place the salad in the centre of the plate & layer the roast pork & croutons on top. Serve immediately.

Estimated cost per serve - \$2.90

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