



Crispy pork & sweet potato salad

Description

This is why I love getting inspired by friends. They come up with stuff I would never think of myself. When having dinner at my friend Noucky's, we were served this amazing crispy pork sweet potato salad, and I knew immediately I had to make it myself as well. So I did, a few times since. It also reminded me how much better vegetables can taste when steamed rather than boiled. More flavor, a lovely bite, and apparently a pretty good way to preserve their nutrients too.

The combination of sweet potato, pak choi and crispy pork rashers is just divine. The sweetness of the potato, the slightly crunchy greens, the salty crispy pork and those toasted cashews on top. It all works surprisingly well together. I'm going to keep enjoying this one before I take pork out of my diet, which might happen someday!

And then there's the moringa! These little green leaves have quite the reputation in the superfood world. They're packed with interesting nutrients, including vitamins, minerals and antioxidants, although some of the more spectacular [health claims about moringa](#) are probably a little exaggerated. Still, a lovely addition to this salad, both for its nutritional value and its fresh, slightly earthy flavor.

Fresh moringa leaves aren't always easy to find, so don't let that stop you. Baby spinach or watercress work beautifully too. The real magic is in the combination of steamed vegetables, crispy pork, sweet potato and crunchy cashews anyway.

BLF balance ~ How balanced the recipe is across protein, plants, fibre, quality fats and variety.

9 / 10

BLF Flavour

9 / 10

BLF Easy

8.5 / 10

MAKE IT MORE BALANCED

Add a little extra lemon juice and zest at the end, or serve with an extra lemon wedge. **(Flavour boost)**

SALAD

Crispy Pork & Sweet Potato Salad

PAK CHOI, MORINGA & CASHEWS



Nourishment

Fiber: high
Veggie level: high
Keeps you full: yes
Energy: substantial & satisfying
Mood: fresh, crispy & a little indulgent

Details

Servings
2 servings

Prep time
10 minutes

Cooking time
12 minutes

Protein
~20–25 gr



Ingredients

- 1 large sweet potato
- 2 small paksoi or 1 large one
- 200 gr pork rashers (thinly sliced pork belly)
- 2 handfuls fresh moringa leaves (or baby spinach or watercress)
- 40 gr cashew nuts
- 1 tbsp olive oil

- 1 small handful fresh coriander, roughly chopped (mint possible too)
- Half a lemon
- Salt & pepper



Directions

- Cut the sweet potato in slices
- Trim the pak choi and roughly chop it, keeping the thicker white stems separate from the green leaves.
- Steam the sweet potato for about 10 minutes, until tender but still holding its shape. Add the pak choi stems for the last 4 minutes and the leaves for the final minute or 2
- Meanwhile, cut the pork rashers into bite-sized pieces and fry in a hot pan until golden and crispy, about 8–12 minutes depending on their thickness. You shouldn't need extra oil, as the pork releases plenty of fat. Drain on kitchen paper.
- Lightly toast the cashews in a dry frying pan for 2–3 minutes until golden and fragrant. Roughly chop them if you prefer smaller pieces.
- Put the sweet potatoe and paksoi in a bowl. Add the pork. Drizzle some olive oil on top. Add pepper and salt (I use herbed salt to give it some nice extra flavors)
- Arrange the sweet potato and pak choi on a large serving plate or in two bowls. Add the moringa leaves (or baby spinach or watercress), crispy pork and fresh coriander.
- Scatter the toasted cashews over the salad, season with freshly ground black pepper and finish with a squeeze of fresh lemon. Add a little olive oil if needed, but remember the pork already brings plenty of richness.
- Voila crispy pork sweet potato salad