

MasterFoodsTM

PROFESSIONAL

Sesame Seed Crusted Pork Loin
RECIPE

Sesame Seed Crusted Pork Loin



<?xml version="1.0"?>

TIME

15-20 MINS

INGREDIENTS

8 items

MAKES

4 servings

Crunchy sesame seeds and perfectly cooked pork make for the ultimate weeknight meal that's easy and sure to impress.

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INGREDIENTS

- 200g pork loin
- 1 tbsp. olive oil
- 1 tbsp. olive oil
- 1 tbsp. black sesame seeds, toasted
- 2 tbsp. MasterFoods™ Professional Honey Mustard Dressing
- 1 tsp. kepis manis or sweet soy
- 200g of kale and apple slaw kale, carrot, purple cabbage, spinach and red and green apple
- Salt and pepper, to taste

PRODUCTS USED



MasterFoods Professional Honey Mustard Dressing 2.5kg

[SEE DETAILS](#)

Cooking Instructions:

1. 1

Heat the olive oil in a frying pan over medium heat, cook the pork turning frequently until cooked through - 15min to 20min - remove from heat, leave to rest.

2. 2

Mix the mustard and soy and baste the pork, toss through the sesame seeds and evenly coat all over. Carefully slice the pork loin and serve with the kale slaw with extra honey mustard on the side.

Tips:

1. 1

Replace pork with chicken for an alternative protein option.

2. 2

For a vegetarian option try using firm tofu or other plant-based options.

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Cooking time

10 min

Ingredients

11 items

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[Shredded Barbecue Chicken Pancakes](#)

Cooking time

60 MINS

Ingredients

8 items

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[Gua Bao Buns](#)

Cooking time

10 min

Ingredients

11 items

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Cooking time

15 minutes

Ingredients

9 items

[SEE DETAILS](#)

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