



## Porc Gyda Chwrst a Cholslo Asiaidd

### Gweini 2

#### Cynhwysion

1 llwy fwrdd o miso  
1 ŵy mawr  
½ llwy de o saws poeth fel sriracha  
Pinsiad o bupur  
70g o friwsion bara  
2 olwyth o lwyn cig oen (cofiwch dynnu'r braster)

#### Colslo

1 llwy fwrdd o finegr reis  
1 llwy fwrdd o olew  
½ llwy fwrdd o mayonnaise (braster isel)  
½ llwy de o sinsir ffres  
Pinsiad o halen  
150g o fresych  
100g o mange tout wedi'i torri  
1 pupur coch  
1 sialóts wedi'i dorri  
½ llwy fwrdd o miso  
Pinsiad o bupur

Ar gyfer cynllun 1400 - Ychwanegwch 150g o salad

#### Dull

1. Cynheswch y popty i wres 230°C / 210 Ffan / Marc Nwy 8.
2. Cymysgwch y miso, ŵy, saws sriracha a phinsiad o bupur mewn powlen.
3. Rhowch y briwsion bara mewn powlen arall. Gorchuddiwch y porc gyda'r gymysgedd miso cyn eu gorchuddio mewn briwsion bara.
4. Rhowch y porc ar dun pobi a'i goginio am 15-18 munud gan ei droi drosodd hanner ffordd.

5. Cymysgwch y finegr, olew, mayonnaise, sinsir a phinsiad o bupur mewn powlen fawr.
6. Ychwanegwch y bresych, mange tout, pupur coch a'r sialóts gan eu gorchuddio'n dda.
7. Rhowch y porc ar y blat a'i weini gyda'r coslo Asiaidd.

## **Crusted Pork Chops with Asian Coleslaw**

**Serves 2**

### **Ingredients**

1 tablespoons miso  
1 large egg  
½ teaspoon hot sauce, such as Sriracha (optional)  
Pinch of pepper  
70g whole-wheat breadcrumbs (or any coarse breadcrumbs)  
4 boneless pork loin chops, trim off the fat

### **Coleslaw**

1 tablespoon rice vinegar  
1 tablespoons oil  
½ tablespoon light mayonnaise  
½ teaspoon grated fresh ginger  
Pinch of salt  
100g of cabbage  
100g sliced mange tout  
1 red pepper  
1 shallot, sliced  
½ tbsp miso  
Pinch of pepper

For the 1400 meal plan - Add 150g of salad

### **Method**

1. Position racks in the middle and upper third of oven; preheat to 220°C / 200 Fan / Gas Mark 7.
2. Coat 2 rimmed baking sheets with cooking spray.
3. Slice each aubergine lengthwise into ¼-inch-thick strips. Discard any small or misshapen pieces. You should have about 24 strips.
4. Sprinkle the strips with a pinch of salt and let stand for 15 minutes.
5. Pat the aubergine slices dry and brush both sides with oil. Place on the prepared pans, overlapping the slices a little if necessary. Roast until soft and beginning to brown, swapping the pans from top to bottom midway, about 20 minutes. Let cool slightly.
6. Meanwhile, combine tomatoes, handful of fresh basil, 3 teaspoons of garlic and a pinch of salt in a large bowl.

7. Combine the spinach, ricotta and pepper in a medium bowl.
8. Let the aubergine slices cool for a minute.
9. Then, layer the aubergines with the tomato sauce and ricotta mixture in an oven proof dish.
10. Top the lasagne with mozzarella and bake on the middle rack until the tomato mixture is hot and bubbling, 40 to 45 minutes.