




## Hot and spicy jerk pork rashers with fresh coconut coleslaw

*Cook over the coals for an even smokier flavour.*

 Less than 45 minutes    **Serves:** 4

**Recipe Type:** Light meals

**Main Ingredient:** Pork

### Ingredients

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12 rindless pork rashers

#### Marinade

1 small PnP red onion, quartered

3 PnP garlic cloves

1 PnP red chilli

5 ml ground allspice

5 ml ground cumin

5 ml PnP ground coriander

60 ml PnP brown sugar, tightly packed

30 ml worcestershire sauce

60 ml PnP tomato sauce

60 ml dark rum, (optional)

30 ml cider vinegar

1 dash PnP salt, to taste

1 dash milled pepper, to taste

#### Coleslaw

2 small PnP cabbage, (red and white), shredded

1 half PnP coconut, flesh, coarsely grated

2 large PnP carrots, grated

40 ml lime juice

1 handful fresh coriander leaves

### Method

- Place marinade ingredients in a blender and blitz until smooth.
- Pour over rashers and marinate for at least 30 minutes.
- Remove rashers from marinade and cook over medium coals or under a hot grill until fat has rendered and pork is crispy and slightly charred.
- Toss coleslaw ingredients together and serve with rashers.

250 ml PnP plain low-fat yoghurt

1 dash PnP salt, to taste

1 dash milled pepper, to taste