

Spicy-Asian Style Pork Roast

Serving Size: 12

- 1 tablespoon five-spice powder
- 2 ½ teaspoons toasted sesame oil
- 2 medium clove garlic
- 3 pounds lean pork loin
- 2 tablespoons orange marmalade
- 1/3 cup chicken broth
- 1 tablespoon soy sauce
- 4 teaspoons sesame ginger salad dressing or marinade
- 2 teaspoons orange marmalade
- 6 cups snow pea pod, fresh

Preheat oven to 450°F.

In a small bowl, combine five-spice powder, 2 teaspoons of sesame oil and garlic; coat pork with mixture. Place pork in a roasting pan. Cook 10 minutes; reduce temperature to 325°F and cook until internal temperature is 145°F, about 1 hour and 15 minutes. Remove from oven.

Increase oven temperature to broil. Coat pork with 2 tablespoons of marmalade. Cook until glaze begins to brown, about 4 minutes. Remove to cutting board and cover with foil. Allow to stand 10 minutes before slicing.

Place same pan over medium-high heat. Add broth, soy sauce, dressing or marinade, remaining 2 teaspoons of marmalade and remaining 1/2 teaspoon of sesame oil. Scrape up remaining food bits on bottom of pan. Stir to combine; heat through, about 2 minutes. Serve over pork. Yields about 3 ounces pork and 1/2 cup snow peas per serving.

Source:

"Weight Watchers" – 5 points per serving

NOTES : We used Emeril's Asian Marinade but also saw Ginger Salad Dressing by the Sushi in Publix.