



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: TOMATOES

Did you know tomatoes are classified as an everyday superfruit? Naturally high in lycopene, they may help protect your DNA from damage which in turn, helps prevent various cancers.



4. PORK STEAKS WITH BAKED TOMATO BEANS

 20 Minutes

 2 Servings

Spiced pork steaks served with a tomato and capsicum bean tray bake and simple side salad.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
51g	26g	29g

11 May 2020

FROM YOUR BOX

YELLOW CAPSICUM	1
CHERRY TOMATOES	1 punnet (200g)
BAKED BEANS	1 jar
THYME	1/2 packet *
BABY COS LETTUCE	1
AVOCADO	1
PORK STEAKS	300g

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, ground (or smoked) paprika, ground cumin

KEY UTENSILS

oven dish, frypan or griddle pan

NOTES

For a richer flavour use smoked paprika in the beans.

No pork option - pork steaks are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.



1. COOK THE TRAY BAKE

Set oven to 220°C.
Roughly chop capsicum and halve cherry tomatoes. Toss together with baked beans, 1 tsp thyme leaves, **1 tsp paprika** and **1 tbsp olive oil**. Season with **salt and pepper**, bake in oven dish for 15 minutes (see notes).



4. COOK THE PORK STEAKS

Heat a grill pan or frypan over high heat. Add steaks to pan and cook for 3-4 minutes on each side or until cooked through.



2. PREPARE THE SALAD

Trim and roughly chop lettuce. Slice avocado. Place in a bowl, drizzle with **olive oil**. Set aside.



5. FINISH AND PLATE

Serve pork steaks at the table with tomato beans and side salad.



3. SEASON THE PORK STEAKS

Rub pork steaks with **1 tsp cumin**, **1 tsp paprika**, **oil**, **salt and pepper**.