



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: POLENTA

Polenta is made from ground corn and is quite versatile. It can be used in both sweet and savoury dishes and is gluten free!



3. ITALIAN PORK STEAKS

ON SOFT POLENTA

 20 Minutes

 2 Servings

Plantagenet (free-range) pork steaks served in a roasted garlic & tomato sauce on soft polenta with a side of blanched broccolini.

FROM YOUR BOX

THYME	1/2 packet *
FETA CHEESE	1/2 packet *
BROCCOLINI	1 bunch
PORK STEAKS	300g
ROASTED GARLIC & TOMATO SAUCE	1 jar (240g)
INSTANT POLENTA	1 tub (125g)

* Ingredient also used in another recipe

FROM YOUR PANTRY

olive + oil/butter for cooking, salt, pepper

KEY UTENSILS

saucepan, frypan

NOTES

To quickly remove thyme leaves - place your fingers at the bottom of the stem, hold upside down and firmly slide the leaves down.

Toss broccolini in a hot frypan with butter or olive oil if you prefer! At the end of step 4, ensure there is still around 600ml water simmering in the saucepan for the polenta.

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. BRING WATER TO THE SIMMER

Bring **700ml water** to the simmer in a saucepan (for the polenta).

Pick thyme leaves (see note), crumble feta cheese and trim broccolini. Set aside.



2. COOK THE PORK STEAKS

Heat a frypan with **oil** over medium-high heat. Add pork steaks and cook for 3 minutes on each side or until golden. Season with **salt and pepper**.



3. STIR IN THE SAUCE

Stir in the tomato sauce to warm through, take off heat.



4. BLANCH THE BROCCOLINI

Add broccolini to the boiling water, cook for 2-3 minutes (to your liking) then remove, using a slotted spoon and reserving the boiling water for the polenta (see notes).



5. COOK THE POLENTA

Gradually add polenta to simmering water (stirring constantly) and cook over low heat until thickened. Take off heat, stir in **30g butter/olive oil** and prepared thyme leaves. Season well with **salt and pepper** to taste.



6. FINISH AND PLATE

Serve pork steaks and pan sauces on soft polenta with a side of broccolini.

How did the cooking go? We'd love to know - help us by sharing your thoughts!

Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

