



# 3. GLAZED PORK STEAKS

**WITH VEGGIE PASTA** 





Rich veggie pasta served alongside free-range pork steaks glazed in a love-at-first-taste fruit chutney.

### FROM YOUR BOX

LONG PASTA	1 packet (250g)
LEEK	1/2 *
SAGE	1 packet
CHERRY TOMATOES	1/2 bag (100g) *
BABY SPINACH	1 bag (60g)
CAPSICUM STRIPS	1 tub (150g)
GARLIC CLOVES	2
PHILADELPHIA CHEESE	1/3 packet (80g) *
PORK STEAKS	300g
FRUIT CHUTNEY	1/2 jar *

<sup>\*</sup> Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil/butter (for cooking), salt, pepper, dried oregano

## KEY UTENSILS

saucepan, 2 frypans

## NOTES

To use fewer frypans, simply transfer veggies and sauce to the saucepan after step 3. Then wipe the frypan clean before continuing with step 4.

No pork option - pork steaks are replaced with chicken schnitzels.

No gluten option - pasta is replaced with GF pasta.



## 1. COOK THE PASTA

Bring a saucepan of water to the boil. Add pasta and cook according to packet instructions or until al dente. Drain. reserving 1 cup water.



## 2. SAUTÉ THE LEEK AND MUSHROOMS

Heat a large frypan over medium-high heat with oil/butter. Slice and add leek. cook for 4-5 minutes. Add roughly chopped sage (keeping some for garnish if desired) and 1 tsp oregano.



### 3. ADD VEGETABLES

Halve cherry tomatoes and add to pan with spinach, capsicum strips and crushed garlic.

Roughly chop 1/3 packet cheese and add to pan with reserved pasta water. Stir until melted (see notes).



## 4. COOK THE PORK

Heat a frypan over medium-high heat. Rub steaks with oil and cook for well. Season with salt and pepper. 4-5 minutes each side, or until cooked through. Pour over 2-3 tbsp fruit chutney, turn to coat, and season with salt and pepper.



## 5. ADD THE PASTA

Add pasta to the vegetable sauce and stir



## 6. FINISH AND PLATE

Serve glazed pork steaks with veggie pasta and any reserved chopped sage.



