



3. GLAZED PORK STEAKS

WITH VEGGIE PASTA





4 Servings

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
SAGE	1 packet
ENGLISH SPINACH	1 bunch
CHERRY TOMATOES	1 bag (200g)
CAPSICUM STRIPS	1 tub (150g)
GARLIC CLOVES	2
PHILADELPHIA CHEESE	1/3 packet (80g) *
PORK STEAKS	600g
FRUIT CHUTNEY	1/2 jar *

^{*} 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

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



3. ADD THE VEGETABLES

Trim, rinse and chop spinach, halve cherry tomatoes. Add to pan with capsicum strips and crushed garlic.

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



4. COOK THE PORK STEAKS

Heat a frypan over medium-high heat. Rub steaks with **oil** and cook for 4-5 minutes each side, or until cooked through. Pour over <u>1/2 jar</u> fruit chutney, turn to coat, and season with **salt and pepper**.



5. TOSS THE PASTA & SAUCE

Add pasta to the vegetable sauce and stir well. Season with **salt and pepper**.



6. FINISH AND PLATE

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



