

for the
little ones

tomato PORK & Lemon Potatoes

Tender pork served in a tomato and capsicum sauce, with lemony roast potatoes and a crisp side salad.



40 Minutes



2 Servings



PORK

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FROM YOUR BOX

| | |
|------------------|--------------|
| MEDIUM POTATOES | 3 |
| LEMON | 1 |
| PORK STEAKS | 300g |
| YELLOW CAPSICUM | 1 |
| GARLIC CLOVE | 1 |
| TOMATO SUGO | 1 jar (350g) |
| BABY COS LETTUCE | 1 |
| CHERRY TOMATOES | 200g |

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, sugar

COOKING TOOLS

oven tray, large frypan

Boil the potatoes and serve this dish with mash if you prefer! You can cook the pork steaks whole, then slice and return to sauce if you prefer.

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



1. Roast the Potatoes

Set oven to 220°C.

Cut **potatoes** into wedges. Zest **lemon**. Toss potatoes with **oil, salt, pepper, 1/2 tsp dried oregano** and **lemon zest** on a lined oven tray. Roast for 30 minutes or until golden and tender.



4. SIMMER the Sauce

Slice **capsicum** and add to pan with extra **oil** (if needed) and **crushed garlic**. Cook for 1 minute. Pour in **sugo, 1/4 jar water** and **1/2 tsp sugar**. Simmer over medium heat for 7-8 minutes.

tip You can add the capsicum to the salad instead if you prefer!



2. Prep the PORK

Trim any excess fat from the **pork steaks** and cut them in half (optional). Season with **salt, pepper** and **1/2 tsp dried oregano**.

tip Leave the steaks whole if you prefer!



5. Make the Salad

Meanwhile, tear or slice **baby cos leaves**. Halve **cherry tomatoes** and add to a serving bowl. Drizzle with **olive oil**.

tip Drizzle with lemon juice or vinegar of choice if you like!



3. Cook the PORK

Heat **oil** in a frypan over high heat. Sear the **pork** for 2 minutes each side or until golden and nearly cooked through. Remove from pan and set aside. Keep pan over medium heat.



6. finish AND SERVE

Return **pork** to the pan to warm through. Cut **lemon** into wedges.

Serve **potato wedges** with **salad, lemon wedges, pork and sauce**.

tip Crumble over some feta if you have!