



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Cherry tomatoes

In the late 1700s, tomatoes were considered poisonous by Europeans — they were even nick-named “poison apples”. But it later turned out that people got sick not from this fruit, but from eating them from plates that contained lead.



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Caramelised Pork Steaks with Super Green Mash

Who says mash has to be made from potatoes only? Here, we add broccoli for a healthy and tasty twist! Served with tender free-range pork in an apple-balsamic sauce.



30 minutes



4 servings



Pork

15 June 2020

Mix it up!

You can add a dash of milk, cream, cream cheese or even shredded cheese to the mash in step 5 for a creamy result.

If you prefer, you can roast the potatoes, broccoli, shallot and apples for an even easier side dish.

FROM YOUR BOX

POTATOES	600g
BROCCOLI	1
CHERRY TOMATOES	1/2 bag (200g) *
LEBANESE CUCUMBER	1
MESCLUN LEAVES	1/2 bag (100g) *
PORK STEAKS	600g
RED APPLES	2
SHALLOT	1
THYME	1/2 packet *
CARAMELISED BALSAMIC	60ml *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

Add a dressing of your choice to the salad if you prefer. For example, a fresh mix of lemon juice, honey and olive oil or a warm mix of mustard, balsamic vinegar and olive oil will work well.

No pork option – pork steaks are replaced with chicken schnitzels. Cook for 4-5 minutes or until cooked through.



1. COOK THE POTATOES

Roughly chop potatoes and broccoli (include the stem). Place in a saucepan, cover with water and bring to the boil. Cook for 10-12 minutes or until tender. Drain and return to pan.



2. MAKE THE SALAD

Halve cherry tomatoes and slice cucumber. Toss in a bowl with the mesclun leaves (see notes).



3. COOK THE PORK

Heat a frypan over medium-high heat. Rub the steaks with **oil, salt and pepper**. Cook for 4-5 minutes each side or until cooked through. Remove to a plate, keep pan warm.



4. MAKE THE SAUCE

Add **2 tbsp oil** to the frypan. Slice and add apples and shallot with thyme leaves. Cook for 4-5 minutes over high heat until soft. Add caramelised balsamic and return steaks. Season with **salt and pepper**.



5. MASH THE POTATOES

Mash the potatoes and broccoli with **2-3 tbsp butter/oil**. Season with **salt and pepper**.



6. FINISH AND PLATE

Serve pork steaks with mash and salad. Spoon over apple glaze.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

