



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.



## 4 Caramelised Pork Steaks with Super Green Mash

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



30 minutes



2 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, broccolini, shallot and apples for an even easier side dish.*

## FROM YOUR BOX

MEDIUM POTATOES	2
BROCCOLINI	1 bunch
CHERRY TOMATOES	1/2 bag (100g) *
GREEN CAPSICUM	1/2 *
MESCLUN LEAVES	1/2 bag (100g) *
PORK STEAKS	300g
RED APPLE	1
BROWN ONION	1/2 *
THYME	1/2 packet *
CARAMELISED BALSAMIC	60ml *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil/butter for cooking, salt, pepper

## KEY UTENSILS

frypan, saucepan

## NOTES

You can add 1/2 - 1 tbsp caramelised balsamic to the salad if you want!

**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 broccolini (include the stems). 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 capsicum. 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 **1 tbsp oil** to the frypan. Slice and add apple and onion with thyme leaves. Cook for 4-5 minutes over high heat until soft. Add 2 tbsp caramelised balsamic and return steaks. Season with **salt and pepper**.



### 5. MASH THE POTATOES

Mash the potatoes and broccolini with **1-2 tbsp butter/oil**. Season with **salt and pepper**.



### 6. FINISH AND PLATE

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

**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](mailto:hello@dinnertwist.com.au)

