



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Capsicum

Capsicums come in many colours. They differ in sweetness, bitterness, and vitamin content. Which colour is your favourite?



4 Peperonata Pasta with Pork Steaks

Peperonata is an Italian dish with sweet capsicum, onion, and tomato sauce. This version is tossed with al dente pasta, capers, and served with free-range WA pork steaks from Mt Barker.

 30 minutes

 4 servings

 Pork

30 April 2021

Mix it all

Instead of serving the pork steaks whole on the side, you can slice them after cooking and toss them through the pasta to serve.

FROM YOUR BOX

LONG PASTA	500g
RED ONION	1
RED CAPSICUM	1
YELLOW CAPSICUM	1
SMALL EGGPLANT	1
GARLIC CLOVES	2
CAPERS	1/2 jar *
CHOPPED TOMATOES	400g
PORK STEAKS	600g
BASIL	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme, balsamic vinegar

KEY UTENSILS

2 large frypans, saucepan

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.

No pork option – pork steaks are replaced with chicken schnitzels. You may need to increase cooking time to 5-6 minutes to ensure they're cooked through.

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 **1/2 cup pasta water**.



2. COOK THE VEGETABLES

Heat a large pan with **oil** over medium-high heat. Slice onion, capsicums and eggplant, adding to pan as you go. Cook for 3-4 minutes, then add crushed garlic, drained capers and **2 tsp thyme**.



3. SIMMER THE PEPPERONATA

Add tomatoes, **1 tin water** and **2 tbsp vinegar**. Simmer for 15 minutes, semi-covered.



4. COOK THE PORK STEAKS

Heat a frypan over medium-high heat. Rub steaks with **1/2 tsp thyme, oil salt and pepper**. Add to pan and cook for 4-5 minutes each side or until cooked to your liking.



5. ADD BASIL AND PASTA

Roughly chop basil. Stir half through the peperonata (keep remaining for garnish) with cooked pasta and **reserved pasta water**. Season to taste with **extra vinegar, salt and pepper**.



6. FINISH AND PLATE

Serve steaks with the pasta and garnish with reserved basil.

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

