



**Product Spotlight:
Lupin Crumb**

Coastal Crunch's lupin crumb is great for crumbing, as a pasta topping, or anywhere you would use breadcrumbs, and it's available in our Marketplace!





COASTAL

Pork Steak Tray Bake

with Stuffing Balls

This tray bake is the best parts of a roast dinner, in half the time! Root vegetables and red apple roasted with caraway seeds served with stuffing balls, pork steaks and mustard gravy.

 30 minutes

 2 servings

 Pork

19 May 2023

Crumb it!

Skip the stuffing balls and use the lupin crumb to coat the pork steaks instead.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	54g	23g	44g

FROM YOUR BOX

PARSNIPS	2
CARROT	1
RED APPLE	1
BROWN ONION	1
LUPIN CRUMB	100g
BROCCOLINI	1 bunch
PORK STEAKS	300g
DIJON MUSTARD	1 jar

FROM YOUR PANTRY

oil for cooking, salt, pepper, caraway seeds, 1 egg, cornflour, soy sauce

KEY UTENSILS

large frypan, oven tray

NOTES

Use oiled hands to roll the stuffing balls if they are sticky when handling.

We recommend whisking the cornflour with water before it goes into the frypan as it helps to stop lumps forming.



Scan the QR code to
submit a Google review!



1. ROAST THE VEGETABLES

Set oven to 220°C.

Cut parsnips into angular pieces. Trim and scrub carrots. Wedge apple. Add to a lined oven tray. Toss with **oil, 2 tsp caraway seeds, salt and pepper**. Roast for 10 minutes (see step 3).



4. COOK THE PORK STEAKS

Heat a frypan over medium-high heat. Coat steaks with **oil, salt and pepper**. Add steaks to pan and cook for 2-3 minutes each side until cooked through. Remove to a plate and keep pan over heat.



2. MAKE THE STUFFING BALLS

Heat a frypan over medium-high heat with **oil**. Dice onion and add to pan. Sauté for 3 minutes. Add 1/2 sautéed onion (reserve remaining for step 5) to a bowl with **egg, 1/4 cup water** and lupin crumb. Mix to combine. Roll tablespoonfuls of mixture into balls (see notes).



5. MAKE THE GRAVY

Add mustard to a bowl or jug along with **1 cup water, 3/4 tbsp cornflour** and **1/2 tbsp soy sauce** (see notes). Whisk to combine and pour into frypan. Cook for 5 minutes until thickened. Season to taste with **salt and pepper**.



3. ROAST THE STUFFING BALLS

Add stuffing balls and broccolini to oven tray with vegetables. Roast for a further 15 minutes until vegetables are tender.



6. FINISH AND SERVE

Divide roasted vegetables and apple, stuffing balls and pork steaks among plates. Serve with gravy.

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**

