



Product Spotlight: Baby spinach

Baby spinach is harvested earlier than regular spinach and is a good source of vitamin B2, so it can help boost energy levels.



Smoky Pork Steaks with Gazpacho Salad

Pan-cooked pork steaks with a smoky seasoning served alongside golden baby potatoes and a fresh tomato, basil and capsicum salad.



25 minutes



2 servings



Pork

Make a traybake!

For a quick and easy dinner, roast the potatoes, capsicum and tomatoes in the oven. Toss the spinach through at the end and serve with BBQ pork steaks.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	46g	58g

FROM YOUR BOX

BABY POTATOES	400g
PORK STEAKS	300g
YELLOW CAPSICUM	1
CHERRY TOMATOES	200g
BABY SPINACH	1 bag (60g)
BASIL	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, red wine vinegar, smoked paprika, honey, dried thyme

KEY UTENSILS

large frypan, saucepan

NOTES

If you don't feel like using smoked paprika, you can use a dried herb of choice or ground cumin instead!



1. COOK THE POTATOES

Place potatoes (halve any larger ones) in a saucepan and cover with water. Bring to a boil and simmer for 12-15 minutes until tender. Drain and return to saucepan (see step 5).



2. COOK THE PORK

Heat a frypan over medium-high heat. Coat pork steaks with **1 tsp smoked paprika, oil, salt and pepper** (see notes). Cook in pan for 4-5 minutes each side or until cooked through.



3. PREPARE THE DRESSING

Meanwhile, whisk **1/2 tbsp honey, 1 tbsp vinegar, 2 tbsp olive oil, salt and pepper** together in a bowl.



4. TOSS THE SALAD

Dice capsicum and halve (or quarter) tomatoes. Slice spinach and basil. Add to bowl with 1 tbsp of prepared dressing and toss.



5. FINISH THE POTATOES

Reheat saucepan with potatoes over medium-high heat with **1/2 tbsp olive oil and 1/2 tsp thyme**. Cook for 3-4 minutes until golden. Season with **salt and pepper**.



6. FINISH AND SERVE

Divide pork, potatoes and salad among plates. Serve with extra dressing on the side.



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