



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: TOMATOES

Did you know tomatoes are classified as an everyday superfruit? Naturally high in lycopene, they may help protect your DNA from damage which in turn, helps prevent various cancers.

4. PORK STEAKS WITH BAKED TOMATO BEANS

 20 Minutes

 4 Servings

Spiced pork steaks served with a tomato and capsicum bean tray bake and simple side salad.

PER SERVE

| PROTEIN | TOTAL FAT | CARBOHYDRATES |
|---------|-----------|---------------|
| 51g | 15g | 29g |

FROM YOUR BOX

| | |
|------------------|-----------------|
| GREEN CAPSICUM | 1 |
| YELLOW CAPSICUM | 1 |
| CHERRY TOMATOES | 1 punnet (200g) |
| BEANS | 400g |
| BAKED BEANS | 1 jar |
| THYME | 1/2 packet * |
| FESTIVAL LETTUCE | 1 |
| AVOCADO | 1 |
| PORK STEAKS | 600g |

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, ground (or smoked) paprika, ground cumin

KEY UTENSILS

oven dish, frypan or griddle pan

NOTES

For a richer flavour use smoked paprika in the beans.

Mash avocado with some oil or yoghurt if you like, for a quick guacamole!

No pork option - pork steaks are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.



1. COOK THE TRAY BAKE

Set oven to 220°C.
Roughly chop capsicums and halve cherry tomatoes. Toss together with tinned beans (drained), baked beans, 2 tsp thyme leaves, **2 tsp paprika** and **2 tbsp olive oil**. Season with **salt and pepper**, bake for 15 minutes (see notes).



4. COOK THE PORK STEAKS

Heat a grill pan or frypan over high heat. Add steaks to pan and cook for 3-4 minutes on each side or until cooked through.



2. PREPARE THE SALAD

Roughly tear and rinse lettuce. Slice avocado (see notes). Place in a bowl, drizzle with **olive oil**. Set aside.



5. FINISH AND PLATE

Serve pork steaks at the table with tomato beans and side salad.



3. SEASON THE PORK STEAKS

Rub pork steaks with **1 tsp cumin**, **1 tsp paprika**, **oil**, **salt and pepper**.