




Product Spotlight: Pine Nuts


Pine nuts are seeds from pine trees. You'll find them between the scales of pine cones. While all pine trees yield pine nuts, only about 20 species have pine nuts large enough to be worth eating.



Pine Nut Stuffed Pork Steaks with Root Vegetables

Pork steaks stuffed with a pine nut, currant and fresh rosemary mixture, served with herb-roasted vegetables and lemon.

 30 minutes

 4/6 servings

 Pork

Gravy!

After cooking steaks and green beans, squeeze lemon juice into pan, add 1/3 cup water and 1 tbsp cornflour. Whisk to combine and cook for 2-3 minutes until thickened.

Per serve: **PROTEIN** 36g **TOTAL FAT** 32g **CARBOHYDRATES** 50g

FROM YOUR BOX

	4 PERSON	6 PERSON
LEMON	1	1
BABY POTATOES	800g	1.2kg
RED ONION	1	1
DUTCH CARROTS	1 bunch	2 bunches
ROSEMARY SPRIG	1	2
PINE NUT + CURRANT MIX	1 packet	2 packets
PORK STEAKS	600g	600g + 300g
GREEN BEANS	250g	250g + 150g

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme, olive oil/butter

KEY UTENSILS

large frypan, oven tray

NOTES

If you want to skip stuffing the pork steaks, use the pine nuts and currants as a topping.



1. ROAST THE VEGETABLES

Set oven to 220°C. Zest and halve **lemon** (reserve zest for step 4). Wedge **potatoes** and **red onion**. Trim and scrub **carrots**. Toss on a lined oven tray with **oil**, **1-2 tbsp dried thyme**, **salt and pepper**. Roast for 20-25 minutes until vegetables are tender.

6P – spread over 2 trays.



4. COOK THE GREEN BEANS

Trim and halve **beans**. Add to pan along with extra **oil** and **lemon zest**. Cook for 2-3 minutes until tender. Season to taste with **salt and pepper**.



2. PREPARE PORK STEAKS

Finely chop **rosemary leaves** and **pine nut and currant mix**. Add to a bowl along with **1 tbsp olive oil/butter**, **salt and pepper**. Mix to combine. Cut deep pockets into the sides of the **steaks**. Stuff even amounts of **mixture** into pockets and press gently to sandwich the **filling** (see notes).



5. FINISH AND SERVE

Divide **roasted vegetables** among plates along with **stuffed pork steaks** and **green beans**. Squeeze over **roasted lemon** to taste.



3. COOK THE PORK STEAKS

Heat a large frypan over medium-high heat with **oil**. Season **steak** with **salt and pepper**. Add to pan and cook for 2-4 minutes each side until cooked through. Remove to rest and keep pan over heat for step 4.



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