



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



#### PRODUCT SPOTLIGHT: POLENTA

Polenta is made from ground corn and is quite versatile. It can be used in both sweet and savoury dishes and is gluten free!



## 3. ITALIAN PORK STEAKS

ON SOFT POLENTA

 20 Minutes

 4 Servings

Plantagenet (free-range) pork steaks served in a roasted garlic & tomato sauce on soft polenta with a side of blanching broccolini.

## FROM YOUR BOX

THYME	1/2 packet *
FETA CHEESE	1/2 packet *
BROCCOLINI	2 bunches
PORK STEAKS	600g
ROASTED GARLIC & TOMATO SAUCE	1 jar (240g)
INSTANT POLENTA	1 tub (250g)

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

olive + oil/butter for cooking, salt, pepper

## KEY UTENSILS

saucepan, large frypan

## NOTES

To quickly remove thyme leaves - place your fingers at the bottom of the stem, hold upside down and firmly slide the leaves down.

Toss broccolini in a hot frypan with butter or olive oil if you prefer! At the end of step 4, ensure there is still around 1.2L water simmering in the saucepan for the polenta.

**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. BRING WATER TO THE SIMMER

Bring **1.3L water** to the simmer in a saucepan (for the polenta).

Pick thyme leaves (see notes), crumble feta cheese and trim broccolini. Set aside.



### 4. BLANCH THE BROCCOLINI

Add broccolini to the boiling water, cook for 2-3 minutes (to your liking) then remove, using a slotted spoon and reserving the boiling water for the polenta (see notes).



### 2. COOK THE PORK STEAKS

Heat a large frypan with **oil** over medium-high heat. Add pork steaks and cook for 3 minutes on each side or until golden. Season with **salt and pepper**.



### 5. COOK THE POLENTA

Gradually add polenta to simmering water (stirring constantly) and cook over low heat until thickened. Take off heat, stir in **30g butter/olive oil** and prepared thyme leaves. Season well with **salt and pepper** to taste.



### 3. STIR IN THE SAUCE

Stir in the tomato sauce to warm through, take off heat.



### 6. FINISH AND PLATE

Serve pork steaks and pan sauces on soft polenta with a side of broccolini.