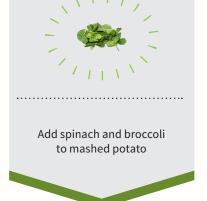


ONION GRAVY PORK STEAKS

with Irish Spinach, Broccoli and Potato Mash















Brown Onion





Baby Spinach Leaves

Pork Loin Steak



Beef Stock

Pantry Staples









Hands-on: 20 mins Ready in: 30 mins

We're getting lucky tonight! Steady - we've borrowed the luck of the Irish to bring you this Irish spinach, broccoli and potato mash with pork steak and a delicious, do-it-yourself onion gravy.

START

Our fruit and veggies need a little wash before you use them!! You will need: vegetable peeler, chef's knife, chopping board, large saucepan with a lid, steamer basket or colander, bowl, aluminium foil, large frying pan, tongs, plate, wooden spoon and a potato masher or fork.



Peel and roughly chop the **potato** into 2 cm chunks. Roughly chop the **broccoli** (stalk and florets) into 2 cm chunks. Peel and slice the **carrot** into 0.5 cm discs. Thinly slice the **brown onion**. Roughly chop the **baby spinach leaves**.



Place the **potato** and the **broccoli stalk** in a large saucepan of cold water. Bring to the boil and cook for **10 minutes**. After **5 minutes**, place a steamer basket or colander over the saucepan and add the **broccoli florets** and the **carrot**. Continue cooking for **3-5 minutes**, or until the broccoli is tender and the potato is easily pierced with a knife. Place the broccoli florets and carrot in a bowl and cover with foil to keep warm. Drain the potato and broccoli stalk, return to the saucepan and cover with a lid to keep warm.



While the vegetables are cooking, heat a drizzle of olive oil in a large frying pan over a high heat. Season the pork loin steaks with a pinch of salt and pepper on each side. Once the oil is hot, add the pork and cook for 1-2 minutes on each side, or until lightly browned (the pork will continue cooking in step 4). Remove from the pan and set aside on a plate.



Heat a drizzle of olive oil in the same frying pan over a medium-high heat. Add the brown onion and cook for 4 minutes, or until softened. Add the plain flour and mix through the onion. Crumble in the beef stock cube and gradually pour in the water (check the ingredients list for the amount). Simmer for 3-5 minutes, stirring occasionally, until the gravy thickens. Place the pork steaks back into the gravy and simmer for 1 minute, or until cooked through. *TIP: It's ok to serve pork slightly blushing pink in the centre.



5 MAKE THE SPINACH, BROCCOLI & POTATO MASH

While the pork is simmering, add the **baby spinach leaves**, the **milk**, the **butter** and a good **pinch** of **salt** and **pepper** to the saucepan with the cooked potato and broccoli stalk. Mash with a potato masher or fork until smooth. Cover with a lid to keep warm and set aside until ready to serve.



SERVE UPDivide the pork steaks, the steamed veggies and the spinach, broccoli and potato mash between plates. Spoon over the onion gravy.

ENJOY!

4-5 PEOPLE

INGREDIENTS

	4-5P	
olive oil*	refer to method	
potato	800 g	
broccoli	1 head	
carrot	2	
brown onion	2	
baby spinach leaves	1 bag	
pork loin steak	1 packet	
plain flour*	2 tbs	
beef stock	1 cube	
water*	1 ¼ cups	
milk*	2 tbs	
butter*	2 tbs	

*Pantry Items | This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kj)	2030kJ (486Cal)	295kJ (71Cal)
Protein (g)	47.7g	6.9g
Fat, total (g)	12.6g	1.8g
- saturated (g)	5.2g	0.8g
Carbohydrate (g)	40.2g	5.8g
- sugars (g)	8.7g	1.3g
Sodium (mg)	535mg	78mg

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