

DINNERLY

One-Pan Tuscan Pork with Butter Beans and Capers



20 minutes



2 Servings

WHAT WE SEND

- 2 free-range pork loin steaks
- 1 tomato
- 10g capers
- 400g butter beans
- 2g dried oregano
- 2 chicken-style stock cubes

WHAT YOU NEED

- balsamic vinegar ¹⁷
- boiling water
- garlic clove
- olive oil
- sugar

TOOLS

- colander
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 485kcal, Fat 34.8g, Carbs 8.5g, Proteins 33.3g



1. Prep ingredients

Roughly chop the **tomato**. Crush or finely chop **2 garlic cloves**. Rinse and drain the **butter beans**. Crumble **1 stock cube** (the remaining stock cube won't be used in this dish) into a heatproof jug, add **180ml (¾ cup) boiling water** and stir to dissolve.



2. Brown pork

Dust the **pork** with **1½ tsp oregano** and season with **salt and pepper**. Heat **1 tbs olive oil** in a medium frypan over high heat. Cook the pork for 1-2 mins each side until golden. Remove the pork from the pan.



3. Cook sauce

Heat **1 tbs olive oil** in the same pan over medium heat. Cook the **tomato, garlic, capers** (see Make it yours) and **1 tsp oregano** (any remaining oregano won't be used in this dish), stirring, for 2 mins or until the tomato has just softened.



4. Finish cooking

Stir in the **butter beans, stock, 1 tbs balsamic vinegar** and **1 tsp sugar**, season with **salt and pepper** and bring to a simmer over medium heat. Return the **pork** to the pan and cook for 6 mins or until the sauce has thickened and the pork is cooked through.




5. Serve up

Divide the **beans, sauce** and **pork** among plates and enjoy.



6. Make it yours

Sharing with the kids? Feel free to leave the capers out if they don't like the taste. Instead, stir some spinach through the sauce or scatter with fresh parsley.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
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from at least 15%
Australian ingredients