

DINNERLY



 HEALTHY

Seared Pork Steaks with Smoky Beans and Corn



20-30 minutes



4 Servings

Want something wholesome and healthy for dinner tonight? Simmer creamy white beans and sweet corn in a smoky tomato sauce, then just add pan-fried pork steaks.

WHAT WE SEND

WHAT YOU NEED

- boiling water
- olive oil
- red wine vinegar ¹⁷
- tomato paste
- worcestershire sauce ⁴

TOOLS

- large frypan
- large saucepan

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

ALLERGENS

Fish (4), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 485kcal, Fat 17.5g, Carbs 27.4g, Proteins 47.0g



1. Prep ingredients

Finely chop the **onion**. Crush or finely chop 2 **garlic cloves**. Rinse and drain the **beans**. Discard the husk and silk from the **corn**, then slice off the kernels.



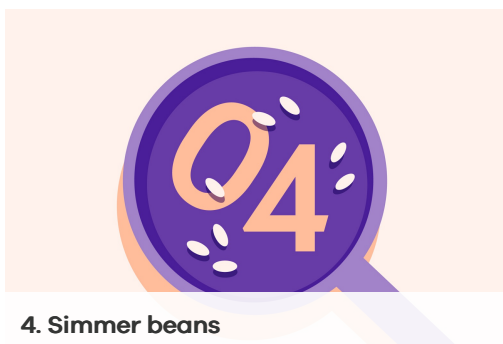
2. Start cooking

Heat 2 **tbs olive oil** in a large saucepan over medium heat. Add the **onion, garlic** and 2 **tsp smoked paprika**, season with **salt and pepper** and cook, stirring, for 5 mins or until soft.



3. Prep stock

Meanwhile, crumble the **stock cubes** into a heatproof jug. Add 500ml (2 cups) **boiling water** and stir until dissolved. Add 80ml (1/3 cup) **tomato paste** and 1 **tbs worcestershire sauce** and stir to combine.



4. Simmer beans

Add the **beans, corn** and **stock** to the **onion mixture** and bring to the boil. Reduce the heat to medium and cook, stirring occasionally, for 8-10 mins until thickened. Remove the pan from the heat and stir through 1 **tsp red wine vinegar**. Taste, then season with **salt and pepper**.



5. Cook pork and serve up

Meanwhile, heat a large frypan over high heat until very hot. Drizzle the **pork steaks** with 1 **tbs olive oil** and season with **salt and pepper**. Cook the pork for 3-4 mins each side for medium or until cooked to your liking. Remove from the pan and rest for 3 mins. Slice the pork. Divide the **beans** and **pork** among plates and enjoy.



6. Kitchen 101

Pork is cooked through and at its tender best when blush pink, so don't be afraid of the colour. Just make sure to rest the steaks after cooking to allow the moisture to re-absorb for maximum juicy results.