







More Than Food  
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## Pan Fried Pork Steaks with Crispy Sage and Gooseberry Sauce

This dish is a pure parade of flavourful delight - salty bacon, herby sage, tangy and sweet gooseberry sauce (instead of apple sauce!) and garlic veggies. It's really hard to imagine just how well all these flavours work together. So, you'll have to try it for yourself. It also happens to be our Fruit of the Month! Enjoy!

 35 mins

 lactose free

 gluten free



Potato (1 pack)



Onion (1)



Sage (1 bunch)



Gooseberries (1 small punnet)



Garlic Clove (1)



Streaky Bacon (3 rashers)



Pork Steak (2)



Baby Spinach (6 handfuls)

## Ingredients

2 PEOPLE    ALLERGENS

Potato, chopped	1 pack
Onion	1
Sage	1 bunch
Gooseberries	1 small punnet
Garlic Clove, chopped	1
Streaky Bacon	3 rashers
Pork Steak	2
Baby Spinach	6 handfuls

🍷 Our fruit and veggies may need a little wash before cooking!

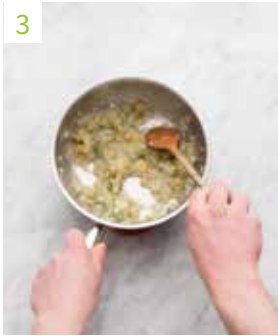
## Did you know...

Gooseberries are packed with Vitamin C - 20 times more than the equivalent volume of oranges in fact!

**Nutrition per serving:** Calories: 573 kcal | Protein: 32 g | Carbs: 40 g | Fat: 32 g | Saturated Fat: 12 g



**1** Pre-heat your oven to 220 degrees. Chop the **potatoes** into wedges roughly the length and width of your index finger (no need to peel). Cut the **onion** in half through the root, peel and chop half the **onion** into roughly ½cm pieces (or as small as you can!). Slice the other half of the **onion** into thin half moon shapes. Pop the **potatoes** onto a baking tray. Drizzle over 2 tbsp of **olive oil** and ¼ tsp of **salt** and put in your oven for 25-30 mins until browned and crispy. 15 mins into cooking, add your sliced **onion** to the baking tray as well.



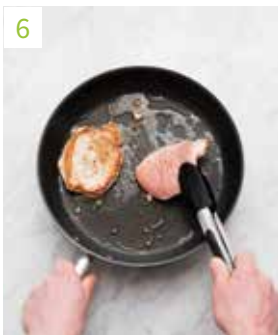
**2** Pull the **sage** leaves off their stalks and finely chop half of them. Leave the other half to the side for later.

**3** Add the chopped **onion** to a saucepan on medium heat with 1 tbsp of oil. Cook for 5 mins before adding the chopped **sage**, **gooseberries** and 1 tbsp of **sugar** (if you have some). Pour in 75ml of **water** and a pinch of **salt** and **black pepper** and put the lid on the pan. Cook for 10 mins, then remove the lid, break up the **gooseberries** with a spoon, add another 1 tbsp of **sugar** and continue to cook with the lid off for another 4 mins. Once cooked, put the lid back on and leave to the side for later. **Tip:** *The sauce should have reduced with little water left. If this is not the case, just cook for a few more mins with the lid off.*



**4** While the **gooseberry** mixture is cooking, peel and finely chop the **garlic**.

**5** Meanwhile, put a frying pan on medium heat and lay in the **bacon rashers**. Cook for 4-5 mins, turning halfway through cooking, until really crisp. **Tip:** *Watch they don't burn, they just need to be crispy!* Then remove to a plate covered with kitchen paper to soak up any oil. Next, throw in your whole **sage** leaves and cook for 20 seconds in the bacon oil until crispy. Remove them to the kitchen paper too.



**6** Season each side of the **pork steaks** with a pinch of **salt** and **black pepper** and then lay them in your frying pan. Cook for 5 mins on one side before turning over and cooking for 4-5 mins on the other side. Once cooked (the pork is cooked when no longer pink in the middle), remove to a chopping board and cover with foil. **Tip:** *The pork needs to rest for a few mins before serving, this will make it more succulent.*

**7** Put the same pan you cooked your **pork** in (no need to wash) back on medium heat. If the pan has no oil left in it from the **pork**, add 1 tbsp of **olive oil**, if it does you can cook your **spinach** in that! Add the **spinach** to the pan along with a pinch of **salt**, a good grind of **black pepper** and 2 tbsp of **water**. Cook for 4-5 mins, stirring occasionally, until slightly wilted before throwing in your **garlic** and cooking for another minute. Take off the heat. **Tip:** *If you're a bit overwhelmed by the amount of spinach, don't worry! Just try and fit in as much as you can, it will wilt down a lot!*

**8** Slice your **pork** into roughly 1cm wide slices and place on a plate. Crumble over your **bacon** and place your whole **sage** leaves on top. Serve with your **potato** wedges, garlicky **spinach** and **gooseberry** and **sage** sauce. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!