



# Mustard Pork With Warm Tomato Salad

SERVES 4

## INGREDIENTS

1 tablespoon extra virgin olive oil  
1 tablespoon wholegrain mustard  
2 garlic cloves, crushed  
4 x 120g pork steaks (females)  
4 x 220g pork steaks (males)  
Olive oil spray  
3 Roma tomatoes, quartered  
100g baby spinach leaves  
100g green beans, blanched, halved  
1 small red onion, sliced thinly  
1 tablespoon red wine vinegar

## METHOD

1. Combine oil, mustard and garlic in a small bowl. Coat each pork steak in the mustard paste.
2. Heat a large frying pan and spray with olive oil. Cook steaks for 3-5 minutes each side.
3. Heat a grill to high. Spray tomatoes with olive oil, and place under the grill for 5-10 minutes. Remove from heat and combine in a large bowl with spinach, onion, beans and vinegar. Toss gently.
4. Distribute salad between serving plates and top with warm pork steak.

