



Spicy Pork Loin

SERVES 4

INGREDIENTS

480g lean pork loin steaks
Olive oil cooking spray
½ onion, finely chopped
1 celery stick, diced
400g can tomatoes, chopped
1 green pepper, diced
1 red pepper, diced

1 tsp thyme leaves
2 tsp Tabasco sauce
Chopped parsley
Salt and pepper, to season

To serve

Steamed green beans

METHOD

1. Season the pork steaks with salt and pepper.
2. Spray a large non-stick frying pan with oil and heat over a medium heat. Add the onion and celery. Cook for 5 minutes or until softened. Add the tomatoes, pepper, thyme and Tabasco sauce. Bring to a simmer and cook, covered, for 15 minutes or until vegetables are tender. If necessary, remove cover to reduce liquid. Season and stir through parsley.
3. Heat a non-stick pan or grill plate over high heat and cook pork for 3 minutes on each side or until cooked to your liking.
4. Serve with the vegetables.

