

Garth McColgan Recipe

A perfect Summer meal

Serves

2-3

Prep Time

20 mins

Cook Time

30 mins inc. resting meat



Perfect with...

Tierra Del Sol
Reserva
Sauvignon Blanc



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Garth McColgan

Irish Pork Steak with Orange, Walnut and Rocket Salad

Ingredients

For the Pork

- 500g Irish Pork Steak, trimmed
- Dijon Mustard
- Sea Salt
- Freshly Ground Black Pepper
- 2 tsp Vegetable Oil
- Brown Sugar
- Zest of 2 Oranges

- 2 tbsp Light Soy Sauce
- 3 tbsp Sunflower or Vegetable Oil
- 3-4 tsp Crème Fraiche
- 1 bag Rocket

For the Walnuts

- 75g Walnuts
- 50g Caster sugar
- 2 tbsp Water

For the Salad

- 2 Oranges, segmented
- 1/2 Red Onion, finely sliced

Method

For the Pork

1. Trim off any fat from the steak, tuck the tail end in so you have a cannon shape.
2. Rub it all over with the Dijon mustard. Season with sea salt and freshly ground black pepper.
3. On a roasting tray sprinkle the orange zest in a line the length of the pork steak and place the steak on top so the zest sticks to the bottom.
4. Drizzle the meat with a little oil and roast in a pre-heated oven at 220°C for 12 minutes.
5. Remove the pork from the oven, close the oven and, working quickly, lay a line of brown sugar along the steak. Don't worry if some spills over into the roasting tray.
6. Return the pork to the oven for a further 10 minutes.
7. Remove from the oven and leave to rest for about 7 minutes before carving and serve with the salad. Pop a dollop of crème fraiche on top of the meat and serve with warm bread.

For the Walnuts

1. Bring the sugar and water to the boil in a saucepan and wait for it to turn light brown in colour, about 7-9 minutes.
2. Remove from the heat and add the walnuts. Give it a quick stir to half coat the walnuts in caramel and turn them out on to a plate to cool (10 minutes).

For the Salad

1. Add the rocket leaves, orange segments and juice and red onion to a bowl with the walnuts, soy sauce and sunflower oil.
2. Toss ingredients gently to combine and serve.



**Fresh produce prices can vary. Offers available for a limited time only, subject to availability.