

# **MASH DIRECT**

*Cooked fresh on our Farm*

## **'VALENTINE' GARLIC & HERB PORK STEAKS WITH PEPPER & GARLIC MASH**

Temperature: Grill Gas Mark 4-5, 180°C, 350°F

Serves: 2

Cooking Time: 30 mins (in total) approx

### **Ingredients:**

- 2 lean Pork Loin or Leg Steaks ½ to ¾ " (1-2cm) thick
- 1 oz (25g) low fat garlic and herb cream cheese
- 2 Sprigs of fresh Sage
- For the Mash
- 1 Pack (400g) Mash Direct Mash Potato
- 1 Garlic Clove, peeled
- ½ a Red and ½ a Yellow pepper, de-seeded
- 3 tbsp (45ml) semi-skimmed milk
- 1 knob of butter



### **Method:**

Preheat the grill. Place the peppers under the grill and cook for 8-10 minutes each side, turning once. Place the Pork Steaks under the grill for 6-8 minutes each side. A couple of minutes from the end of cooking time, cover the tops of the Steaks with the cream cheese and Sage and quickly place under the grill - keep an eye on them - and serve

Heat the Mash Direct Mashed Potato - remove the sleeve, pierce the film lid several times and oven cook for 20 minutes approx. or microwave for 3 minutes approx. (microwave cooking times may vary)

### **Serving Suggestion:**

Serve with Mash Direct red Cabbage and Beetroot.