

Honey Glazed Pork Loin Steaks

24 Green Gourmet Pork Loin Steaks

2 large onions - sliced

1 stick celery - finely chopped

2 tbsp vegetable oil

2 tbsp liquid honey

1 tsp paprika powder

2 tsp lemon juice

2 tsp mild French or American mustard

$\frac{2}{5}$ tsp ginger powder

1 tsp soy sauce

1 tsp tomato puree

2 tbsp water

2 tsp plain flour



ingredients

cooking instructions

- ❁ Oil tin and place into pre-heated oven (180° C, gas 5) for 2-3 mins.
- ❁ Add the onion and celery and cook for 10 mins.
- ❁ In a separate bowl, mix the honey and all the other ingredients to form the glaze sauce.
- ❁ Place the pork steaks into the tin, stir in the onions and celery, then pour over the glaze sauce.
- ❁ Cook with lid on for 20 -25 mins.
- ❁ Remove lid and cook for a further 10-15 mins to brown.