

Pork Steak in a Bun

ingredients

- 24 Green Gourmet Pork Loin Fillet 57g
- 1 large onion, sliced
- 3 tblsp vegetable oil
- 1 tsp paprika powder
- ½ tsp celery salt
- ½ small iceberg lettuce, shredded
- 4 tsp wholegrain mustard
- 2 tsp lemon juice
- 160g low fat mayonnaise
- 48 soft white bread buns



cooking instructions

- ❖ Shallow fry the onions for 5 minutes to soften.
- ❖ Lay out the pork loin fillets in an oiled tin and sprinkle on the celery salt and paprika.
- ❖ Add the fried onions on top and place into a pre-heated oven (180 C°/gas 5) for 15-20 minutes.
- ❖ Cut the iceberg lettuce into shreds.
- ❖ Mix the mustard and lemon juice into the mayonnaise.

assembly

- ❖ Warm the bread buns in a low temperature oven.
- ❖ Slice the pork fillets into halves.
- ❖ Place a small handful of lettuce onto the halved bun, followed by a pork fillet.
- ❖ Add a small spoonful of onions, followed by a spoonful of mustard mayonnaise.
- ❖ Cover with the top half of the bread bun.

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| Ingredients | weight | | ingredient cost/kg £ | ingredient costs £ |
|-----------------------------------|-------------|----------|-------------------------|-----------------------|
| Green Gourmet Pork Loin Steak 57g | 1368 | g | 5.03 | 6.88 |
| onion | 180 | g | 0.40 | 0.07 |
| vegetable oil | 30 | g | 0.43 | 0.01 |
| paprika powder | 1.6 | g | 13.46 | 0.02 |
| celery salt | 2 | g | 7.89 | 0.02 |
| iceberg lettuce | 240 | g | 1.08 | 0.26 |
| wholegrain mustard | 24 | g | 1.54 | 0.04 |
| lemon juice | 8 | g | 1.46 | 0.01 |
| reduced fat mayonnaise | 160 | g | 0.99 | 0.16 |
| soft white bread buns | 2304 | g | 0.54 | 1.25 |
| Total | 4318 | g | | 8.71 |
| Cooked portion size | 48 | g | | |
| Number of portions | 96 | | | |
| Cost per portion | 18 | p | | |

Nutritional Profile

| | |
|----------|-----------|
| M | fat |
| L | saturates |
| L | sugars |
| M | salt |

Cooked analysis: Nutrients

| | analysis per 100g | |
|--|-------------------|------|
| energy | 194.2 | kcal |
| fat | 5.4 | g |
| saturated fatty acids | 1.3 | g |
| carbohydrates | 27.7 | g |
| NME (non-milk extrinsic) sugars | 2.1 | g |
| fibre/NSP (non-starch polysaccharides) | 1.2 | g |
| protein | 10.5 | g |
| iron | 1.1 | mg |
| calcium | 101.1 | mg |
| vitamin A (retinol equivalents) | 4.8 | µg |
| folate | 21.1 | µg |
| vitamin C | 0.8 | mg |
| sodium | 472.5 | mg |
| zinc | 1.0 | mg |



Additional Nutritional Information

This easy to make break-time snack is high in protein, calcium and zinc. It also provides useful amounts of folate and iron.

Allergen information:

Contains egg, celery and wheat, which are all possible allergens. Please check labels of ingredients for other potential allergens.

Serving suggestions:

This makes an ideal lower salt alternative to the 'bacon buttie'.