

Pork Loin Steak & Onion Casserole

ingredients

- 24 Green Gourmet Pork Loin Steaks
- 2 large or 4 medium onions - finely sliced
- 1 stick of celery - finely chopped
- 4 tbsp vegetable oil
- 2 tbsp flour
- 1 tsp dried parsley
- 1 tsp mild paprika
- $\frac{2}{3}$ tsp garlic granules
- 2 tsp tomato puree
- 2 tsp soy sauce
- 1½ pt vegetable stock
- seasoning: salt and pepper



cooking instructions

- ❁ Oil tin and place in pre-heated oven (180° C, gas 5) for 3-4 mins.
- ❁ Add the sliced onions and return to oven for 10-15 mins until soft golden brown.
- ❁ Add celery, paprika, garlic granules, pepper, salt and flour to onions and stir for 1 min.
- ❁ Add the stock, tomato puree, soy sauce and parsley and stir until uniform consistency.
- ❁ Place the frozen pork fillets into the sauce and cover the tin with a lid, replace in the oven and cook for 30-40 mins. After 20 mins check to make sure the sauce is simmering.
- ❁ Check the dish is piping hot before serving.