

GRAB and GO

Tikka Masala Pork in a Naan

Variation on the children's favourite curry – lean pork steaks cooked in tikka masala sauce and served in a warm naan with lettuce and raita.

Makes 10 portions (167g/cooked portion)

Ingredients

500 10 Green Gourmet Great British Pork Loin Steaks (GG Code - 7936)
450g 10 Naan breads
300ml Tikka Masala sauce
300g iceberg lettuce

Raita

125g low fat yoghurt
7g (1 tsp) mint sauce
150g (½ medium) cucumber, finely diced

Method

1. Brush both sides of the Green Gourmet Great British Pork Loin Steaks with the sauce. Place on an oiled tray, cover and bake at 180 °C/350 °F/Gas 4 for 15 minutes. Remove lid half way through cooking
2. Place naan breads in a covered tin and warm in the oven
3. Make the raita by mixing the mint sauce into the yoghurt and add the cucumber
4. Shred the lettuce and place in the warm naan
5. Add the pork loin steaks and dress with a teaspoon of raita

Serving Suggestions

This versatile grab and go idea could be adapted using different breads, different sauces and different dressings

Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
140.8	4.6	1.3	15.9	0.7	1.5
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
9.3	1.0	0.8	78.1	5.2	0.9
Folate (µg)	Sodium (mg)				
14.9	233.7				

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