



Culinary Inspiration from IFI

Featuring: AVO Lafiness Oil Based Marinades - Ideal for pouring, brushing or rubbing in..

Mediterranean Pork Steak Parcels

A flavoursome and tasty combination of typical Mediterranean style ingredients including thyme, rosemary, basil, onion and paprika.

Ingredients

- 12 Pork Loin Steaks
- 360g AVO Lafiness Mediterranean Marinade
- 1 Small Jar (145g) Sundried Tomatoes
- 225g Mozzarella or Feta or Halloumi Cheese
- 24 Trussing bands

Method

- Select pork loin steaks approx. 2.5cms/ 1 inch thick.
- Roughly chop the sundried tomatoes and thinly slice or crumble the cheese.
- Take the pork loins and make a cut along the fat side about 2.5cms/ 1 inch from each end.
- Place the sundried tomatoes and sliced or crumbled cheese in the pockets.
- Place 2 trussing bands around each of the parcels to secure the contents.
- Garnish with finely chopped green chilli and sprinkle with desiccated coconut.
- Place on display tray and brush with AVO Lafiness Mediterranean marinade. Add a little more marinade to enhance appearance, flavour and succulence.
- Display.

Cooking & Serving Suggestion Top Tips!

- Suitable for oven cooking - Preheat the oven to Gas mark 4, 180°C, 350°F. Bake for 35 - 40 minutes. Please ensure that the pork is fully cooked through.
- On the barbecue - Place parcels in heat proof foil or a foil tray. Barbecue until fully cooked.

Always ensure that food is handled correctly and cooked thoroughly.

Serving Suggestions

Summer Eating – Rice or Pasta salad. Potato wedges.

Winter Warmer – A selection of roast vegetables. Roast potatoes. Potato Dauphinoise.

An alternative

Why not try AVO Lafiness Tomato Salsa marinade instead? A sophisticated, spicy taste of tomato, chilli, paprika, cumin and fine herbs. Perfect for al fresco dining!

All AVO Lafiness marinades are Free from MSG, HVP, allergens and yeast extract