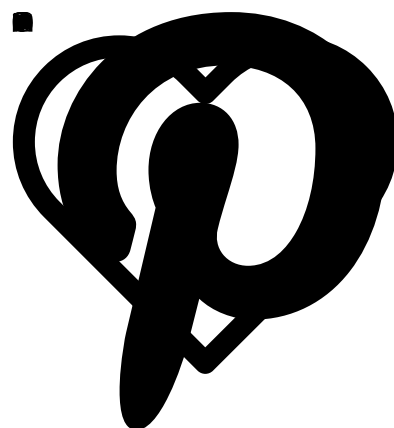




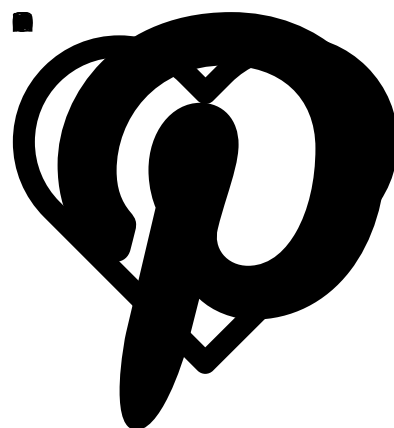


**Garlic and Herb Pork Steaks with Tabbouleh**

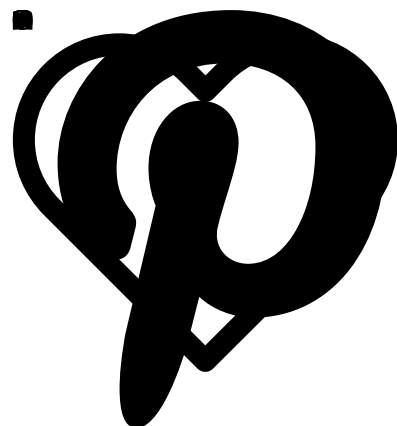
**This is a quick and easy dish using fragrant Middle Eastern spices, loads of herbs and succulent pork.**



**Cooking Time**  
**15 Minutes**



**Cooking Skill**  
**Not Too Tricky**





**Serves**  
**4 People**

## **Ingredients**

- 4 pork loin steaks, trimmed
- **For the marinade:**
  - 1 tablespoon olive oil
  - 1 tablespoon lemon juice
  - 2 garlic cloves, peeled and crushed
- 4 tablespoons freshly chopped herbs, such as thyme, rosemary and sage
- Salt and freshly ground black pepper
- **For the tabbouleh:**
  - 200g bulgar wheat

- Grated zest and juice 1 lemon
  - 1 tablespoon olive oil
- 4 ripe tomatoes (200g), diced
  - ¼ cucumber, diced
  - 4 spring onion, sliced
- 50g fresh chopped parsley

## **Method**

1

In a shallow dish, mix together the marinade ingredients and season with a little salt and freshly ground black pepper. Add the pork steaks and turn to coat in the mixture. Leave to marinate for 10 minutes. Preheat the oven to 180°C/350°F/Gas Mark 4.

2

Meanwhile, make the tabbouleh, place the bulgar wheat in a saucepan and cover with cold water. Bring to the boil, then simmer for

about 8 minutes, or according to pack instructions until tender. Drain well, place in a bowl and add the lemon zest and juice and the oil.  
Stir in the tomatoes and any juice, the cucumber, spring onions and parsley. Season to taste.

3

Meanwhile heat a griddle or ovenproof frying pan, over a medium heat. Add the steaks and cook for 3 minutes on one side, turn over, then place the pan straight into the oven, on the middle shelf and cook for 6 minutes, or until cooked through and the juices run clear.

4

Serve the pork steaks with the tabbouleh and a handful of rocket leaves.