



Parmesan-Crumbed Pork with Roasted Tomatoes

Serves 4 Prep 15 mins

Total time 30 mins

6-8 plum tomatoes, halved
1 clove garlic, cut into slivers
Drizzle of olive oil
3 heaped tbsp grated parmesan (or Grana Padano)
100g breadcrumbs
4-5 thin-cut pork loin steaks or pork leg escallops
1 egg, lightly beaten
Handful of basil leaves, roughly chopped

Preheat the oven to 200°C, fan 180°C, gas 6.

Put the tomatoes in a roasting tin, scatter over the garlic and drizzle with olive oil. Season and toss the tomatoes to coat in the oil. Roast for 25 minutes.

Meanwhile, mix together the parmesan and breadcrumbs. Add chopped parsley or a pinch of cayenne pepper to the breadcrumbs if you like. Season the pork steaks or escallops on both sides and dip in the beaten egg to coat. Turn the steaks in the breadcrumb mixture so they are well covered with the crumbs.

Heat a little oil in a large non stick frying pan and gently fry the steaks over a medium heat for about 12-15 minutes, turning once, until cooked through and golden brown on both sides.

Remove the tomatoes from the oven and scatter with the basil. Thickly slice the pork and serve with the tomatoes.

Serve with a green salad and a spoonful of garlic mayo.

