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Cook with Me Pork with Pears Potatoes Balsamic Dressing

Ingredients

Serves 2

400g pork fillet (or chicken or 2 aubergines)

1 red onion

1 firm pear

350g new potatoes

3 tbsp olive oil

2 tbsp balsamic vinegar

1 tbsp soft brown sugar or coconut sugar

100g green beans

50g green pitted olives

1/2 head broccoli

1 tablespoon fish mint

1 tbsp fresh parsley

Equipment

Large deep baking tray

Chopping board

Mixing bowl

Measuring spoons

Sauce pan

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