

LEMON ROSEMARY PORK STEAK

Time: 20 minutes (plus marinating time)

Serves: 4

Ingredients:

30g extra-virgin olive oil
30g lemon juice
15g salt
2g crushed rosemary
2 cloves garlic
1kg pork butt (shoulder) steaks

Preparation:

In a small bowl, whisk together all ingredients except the pork.

Place the steaks in a zipper seal freezer bag and add the marinade, coating the steaks evenly.

Remove excess air from the bag and refrigerate overnight.

Preheat your grill or broiler on high.

Cook the steaks, turning occasionally until the internal temperature reaches 60C.

Remove from heat and serve.

Nutritional Information Per Serving:

Calories: 418	Hand-Size Portion Guide
Fat: 27.8g	Palms of Protein: 2
Carbs: 0g	Fists of Vegetables: 0
Fibre: 0g	Cupped Hands of Carbs: 0
Protein: 39.2g	Thumbs of fat: 2