

GF Friendly

Savoury Steaklet

Pork mince with herbs and onion, crumbed and fried

I had a small bag of frozen pork mince, so I decided to try mixing it with onion and herbs, then forming it into two steaks; sort-of. Any other meat mince can be used, or vegetarians could substitute a TVP mince, if available.

- 200g pork mince
- ¼ onion, finely chopped
- 1 tsp mixed herbs
- 1 tsp horseradish cream
- 1 egg, beaten
- 2 Tbsps breadcrumbs
- 1 Tbsp olive oil, or other cooking oil



In a suitable bowl, mix together the chopped onion, herbs, horseradish cream, 1 tablespoon breadcrumbs and **half** of the beaten egg. Next, put in the pork mince and work it in well with the other ingredients using the back of a fork, ensuring it is evenly combined.

Put the rest of the breadcrumbs in a separate bowl. Divide the meat mixture into two and form each into balls by hand. One by one, roll the balls in the remaining egg, then transfer to the bowl of breadcrumbs and roll to coat thoroughly.

Place these on a cutting sheet and form into two steaks, pressing down lightly to flatten them. Line a frying pan with baking paper (see Handy Hints HH54 Frying with Paper), add the oil and warm slightly before popping in the steaklets. Fry for about 10 minutes, turning two or three times until they are cooked through and the colour is to your satisfaction.

Serves 2 with vegetables, or chips and salad

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