

## Griddled Pork & Peaches with Balsamic Glaze

- 2 x 170g Pork Loins
- 120g cherry tomatoes
- 1/2 lemon
- 15g pine nuts
- 1 peach
- 200g courgette
- 2 tsp oil
- 40g rocket
- 4 tbsp balsamic vinegar
- 80g Quinoa
- Medium handful of flat-leaf parsley
- Medium handful of fresh mint



### Method

1. Boil a kettle. Rinse the quinoa and place in a saucepan with 300ml boiling water. Simmer for 15 mins, then drain.
2. Slice the peach into 8 segments, removing the stone. Drizzle with 1 tsp oil. Remove the fat from the pork and rub the pork with 1 tsp oil and a pinch of sea salt and black pepper.
3. Heat a BBQ (or griddle pan) on a medium-high heat and cook the pork for 5-7 mins each side until cooked through. Cook the peaches for 3 mins each side until softened and lightly chargrilled.
4. Meanwhile, using a peeler, make long thin strips of courgette. Slice the cherry tomatoes in half. Roughly chop the parsley leaves and the mint leaves.
5. Heat a saucepan on a gentle heat, and pour in the balsamic vinegar, cook for 5 mins until the vinegar has reduced to a syrupy consistency.
6. Place the quinoa into a bowl, with the chopped herbs, courgette ribbons, cherry tomatoes, rocket and the juice from the half lemon. Season with a pinch of sea salt and black pepper.
7. Thinly slice the pork. Spoon the vegetable quinoa onto two warm plates and arrange the pork and peach slices on top. Drizzle over the balsamic glaze and sprinkle over the pine nuts.