



Pork Steak with Pineapple Suitable for celiacs

Ingredients:

Pork Steak

3 units

Pineapple slices in syrup

3 units

Courgette

½ unit

Salt and Pepper

to taste

Preparation

Place the pork steaks in one of the spaces of the MultiCocción. Use the other space to put the courgette previously peeled and diced in 1.5 cm cubes. Sprinkle both spaces with salt and microwave the preparation for 2 minutes.

Once finished, open the MultiCocción, add the pineapple slices and the syrup to the pork. Cover and cook at full power for 2 minutes.

Serve hot. Sprinkle the courgette with parsley and spray with olive oil. Use gluten-free ingredients.



