

Pork, asparagus & pickled onion flatbreads

Ingredients: (Serves 4)

1 tablespoon olive oil, plus 1 tablespoon extra
500g pork mince
2 teaspoons dried oregano
1 teaspoon dried chilli flakes
4 garlic cloves, finely grated
juice of ½ lemon
pinch of salt
2 bunches of asparagus, ends trimmed
100g sugar snap peas, trimmed
4 flatbreads
½ bunch of mint, leaves picked
80g Danish feta, crumbled

For the pickled onion:

1 small red onion, thinly sliced
½ cup water
½ cup apple cider vinegar
2 tablespoons caster sugar
1 teaspoon fennel seeds
pinch of salt

Method:

1. Place onion in a medium bowl. Combine water, apple cider vinegar, sugar, fennel seeds and a good pinch of salt in a small saucepan. Bring to the boil, then pour over onion. Set aside to cool.
2. Heat one tablespoon oil in a large frying pan over medium-high heat. Cook pork mince, breaking up lumps with a wooden spoon, for 3-4 minutes or until golden brown. Add oregano, chilli flakes and garlic. Cook for a further minute or until fragrant. Transfer mince to a medium bowl, squeeze over lemon juice and season with salt.
3. Return pan to the heat with remaining one tablespoon oil. Cook asparagus and sugar snap peas for 2-3 minutes or until tender and lightly coloured.
4. Just prior to serving, warm flatbread. Top with pork mince, asparagus, sugar snap peas and pickled onion. Finish with mint leaves and crumbled feta.