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Marinated Sweet & sticky Pork Neck Steak GPB001

Preheat oven to 190 degrees.

Remove steaks from bag, retaining any extra marinade. In a hot pan or grill pan, pan fry the steaks on each side for 2- 3minutes, decant the remaining marinade into the pan and baste the steaks well. Place steaks into a suitable baking dish and roast for 10-15 minutes.