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Pork Kassler Supper CSP004

Preheat oven to 190 deg, in a suitable frying pan heat a little oil and butter, pan fry the pork until golden, season well place in a baking dish and bake for 10-15 minutes. Heat the sauce in the microwave on medium for 3 minutes, snip and pour into the same pan you used to brown the pork, bring to a simmer whilst stirring. Heat the mash in the microwave on medium for 5 minutes. Microwave the peas for 3 minutes on medium.