



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Tomatoes


Although tomatoes are fruit, nutritionally they are more like vegetables. Keep them on your benchtop for a rich, ripe flavour.



## D2 Pork Kebabs with Pilaf Rice

Juicy pork steaks cooked on skewers and served on a bed of mildly spiced yellow rice with currants and finished with mint yoghurt.

 30 minutes

 2 servings

 Pork

24 June 2022

## Switch it up!

*You can change the spices to create a Moroccan style rice. Use ground turmeric, paprika and cinnamon, and if you have some saffron, you can add that as well!*

## FROM YOUR BOX

CARROT	1
COURGETTES	2
TOMATO	1
BASMATI RICE	150g
CURRANTS	1 packet (30g)
PORK STEAKS	300g
MINT	1 packet
NATURAL YOGHURT	1 tub

## FROM YOUR PANTRY

oil for cooking, olive oil salt, pepper, ground cumin, curry powder, 1 stock cube, skewers (optional)

## KEY UTENSILS

large frypan with lid, frypan or griddle pan

## NOTES

You can cook the pork steaks whole instead of on skewers if preferred.



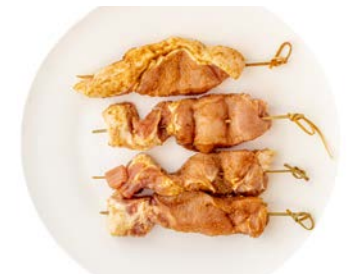
### 1. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **oil**. Grate carrot and courgettes. Wedge tomato and add all to pan as you go. Stir in **1 tsp cumin, 1-2 tsp curry powder** and crumble in **1/2 stock cube**. Cook vegetables for 5 minutes until softened and fragrant.



### 2. SIMMER THE RICE

Add rice, currants and **1 cup water**. Cover and simmer for 15 minutes until absorbed. Take off heat and leave to sit for 5 minutes.



### 3. PREPARE THE KEBABS

Cut pork in half lengthways into strips. Coat with **1-2 tsp cumin, oil, salt and pepper**. Thread onto **skewers** (see notes).



### 4. COOK THE KEBABS

Heat a griddle pan or frypan over medium-high heat. Cook skewers for 4-6 minutes each side or until cooked through.



### 5. PREPARE THE TOPPINGS

Meanwhile, slice mint leaves. Mix 1/2 with yoghurt and **1 tbsp olive oil**. Season with **salt and pepper**.



### 6. FINISH AND SERVE

Season rice with **salt and pepper** to taste. Divide among plates along with pork kebabs. Serve with a dollop of mint yoghurt. Garnish with remaining mint.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

