




Product Spotlight: Asian Greens


There are many varieties of Asian greens available. These include Bok Choy, Pak Choy, Gai Lan and Choy Sum.



4 Mild Massaman Stir-Fry with Pan-Fried Pork

A very mild introduction to curry flavours. This Massaman paste from Island Curries gives a lovely tasting curry without excessive spice or heat for young palates.

 30 minutes

 2 servings

 Pork

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Mix it up!

If you prefer make a Chinese-style stir-fry, omit the curry paste and add some ginger to the pork steaks. Instead of using coconut milk, use oyster sauce, sweet chilli and extra soy sauce.

FROM YOUR BOX

BASMATI RICE	150g
PORK STEAKS	300g
MASSAMAN CURRY SACHET	1
RED ONION	1/2 *
RED CAPSICUM	1/2 *
ASIAN GREENS	2 bulbs
ZUCCHINI	1/2 *
COCONUT MILK	400ml
LEMON	1
CHIVES	1/2 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, pepper, garlic (1 clove), soy sauce

KEY UTENSILS

large frypan, saucepan

NOTES

Use the rice tub to quickly measure up 1.5 x amount of water.

Slice or dice cooked steaks and mix through the curried vegetables if preferred.

No pork option – pork steaks are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.



1. COOK THE RICE

Place rice in a saucepan and cover with 1.5 x amount of water (see notes). Cover with lid, cook over low heat for 10-15 minutes. Remove from heat, let stand 5 minutes. Stir carefully with a fork.



2. MARINATE THE PORK

Rub pork steaks with 1 tsp curry paste, **1 tbsp oil and 1 tsp soy sauce**. Leave to the side.



3. PREPARE THE VEGGIES

Slice onion, capsicum, Asian greens, zucchini and **garlic clove**.



4. COOK THE PORK

Heat a large frypan over medium-high heat. Add steaks and cook for 3-4 minutes each side or until cooked to your liking. Remove to a plate. Keep pan over medium high heat.



5. COOK THE VEGETABLES

Add **1 tbsp oil** to frypan. Add remaining curry paste and cook for 2 minutes. Add prepared vegetables and garlic along with coconut milk. Simmer for 3-4 minutes until just tender. Season with juice of 1/2 lemon, **1 tbsp soy sauce and pepper**.



6. FINISH AND SERVE

Wedge remaining lemon and chop chives. Slice steaks (see notes) and serve with rice, curried vegetables, a sprinkle of chives and a lemon wedge.

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

