



### Product Spotlight: Gai Lan

Gai Lan is one of many Asian green vegetables. Also known as Chinese broccoli, it has thick, glossy, blue green leaves and fat stems.



## 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

 4 servings

 Pork

3 September 2021

### 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	300g
PORK STEAKS	600g
MASSAMAN CURRY SACHET	1
RED ONION	1/2 *
RED CAPSICUM	1
GAI LAN	1 bunch
COCONUT MILK	400ml
BEAN SHOOTS	1 bag
LEMON	1
CHIVES	1/2 bunch *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, pepper, garlic (2 cloves), 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 2 tsp soy sauce**. Leave to the side.



### 3. PREPARE THE VEGGIES

Slice onion, capsicum, gai lan and **garlic cloves**.



### 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 then stir through bean shoots. 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](mailto:hello@dinnertwist.com.au)

