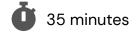




# **Fennel Pork**

# with Dill Red Rice

A dill red rice salad with sweet cranberry jewels served with fennel pork koftas and tangy yoghurt sauce.





2 servings



# Switch it up!

If you're not a fan of fennel seeds, you can use ground coriander, cumin or caraway seeds instead!

PROTEIN TOTAL FAT CARBOHYDRATES

96g

#### **FROM YOUR BOX**

RED RICE	1 packet (150g)
COLESLAW	1 bag (250g)
PORK MINCE	300g
DILL	1 packet
SPRING ONIONS	1 bunch
CELERY STICK	1
CRANBERRIES	1 packet (60g)
NATURAL YOGHURT	1 tub

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, fennel seeds, apple cider vinegar (see notes)

#### **KEY UTENSILS**

2 frypans, saucepan

#### **NOTES**

You can use lemon juice instead of vinegar.

Slice spring onions and add to pan to cook with coleslaw if desired.

Use any leftover coleslaw in a stir-fry or for topping burgers or sandwiches.



#### 1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15-20 minutes until tender. Drain and rinse.



# 2. SAUTÉ THE COLESLAW

Heat a large frypan over medium-high heat with **oil**. Thinly slice coleslaw (use to taste) and add to pan (see notes). Sauté for 5-7 minutes until wilted to approximately 1/2 the size and slightly charred.



### 4. COOK THE PORK

Meanwhile, combine pork mince with 1 tsp fennel seeds, salt and pepper. Heat a second frypan over medium-high heat. Use oiled hands to shape pork mixture into koftas and add to pan as you go. Cook for 6-8 minutes turning until cooked through.



# 4. TOSS THE SALAD

Finely chop dill. Add to a large bowl along with 3 tbsp olive oil, 11/2 tbsp apple cider vinegar, salt and pepper. Whisk to combine. Thinly slice spring onions and celery stick. Add to dressing along with sautéed coleslaw, cooked rice and cranberries. Toss well to combine.



# 5. PREPARE THE YOGHURT

Combine yoghurt with 1 tbsp olive oil, salt and pepper.



# 6. FINISH AND SERVE

Divide rice salad and pork koftas among plates. Serve with a dollop of yoghurt.

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



