



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Dill

Back in the day, people believed that dill had magical powers and could save you from witchcraft and nightmares! We now know dill is good for calming the digestive system, among many other benefits.



G2 Fennel Pork with Dill Red Rice

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



35 minutes



2 servings



Pork

23 September 2022

Switch it up!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	37g	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, 1 1/2 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**

