



Product Spotlight:
Avocado

Avocados are nutrient and energy-dense. Being plant-based, they contain no cholesterol. They are high in good fats, which can help lower cholesterol!



BBQ Pork Steaks

with Sunny Rice

BBQ'd pork steaks served with fresh crunchy vegetables and brown rice tossed in a sunny turmeric and coriander dressing.

25 minutes

2 servings

Pork

13 January 2023

Switch it up!

If you want to switch up this recipe, swap the turmeric in the dressing for peanut butter to make a satay sauce.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	56g	79g

FROM YOUR BOX

BROWN RICE	1 packet (150g)
PORK STEAKS	300g
CORIANDER	1 packet (10g)
RED CAPSICUM	1
AVOCADO	1
LEBANESE CUCUMBER	1

FROM YOUR PANTRY

olive oil, salt, pepper, ground turmeric, vinegar (of choice), honey

KEY UTENSILS

BBQ (or griddle pan), saucepan

NOTES

You can add extra fresh herbs such as chives, mint, or spring onion green tops to the dressing.



1. COOK THE RICE

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



2. MAKE THE DRESSING

In a bowl whisk together **2 tsp turmeric**, **1/4 cup olive oil**, **3 tbsp vinegar** and **1/2 tbsp honey**.



3. BBQ THE PORK STEAKS

Heat a BBQ or griddle pan over medium-high heat. Coat pork steaks in 1 tbsp prepared dressing, **salt and pepper**. BBQ for 3–4 minutes each side or until cooked to your liking.



4. PREPARE THE VEGETABLES

Finely chop coriander stems. Add to dressing and stir to combine (see notes).

Thinly slice capsicum, avocado and cucumber. Set aside with coriander leaves.



5. DRESS THE RICE

Dress the rice with 1 tbsp prepared dressing. Season with **salt and pepper**.



6. FINISH AND SERVE

Divide rice among plates. Serve with vegetables, pork steaks and remaining dressing.

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**

