



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Avocado


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



## G2 Pork Steaks with Sunny Rice

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

 25 minutes

 2 servings

 Pork

18 February 2022

## Switch it up!

*If you are looking to switch up this recipe, you could switch the turmeric in the dressing for peanut butter to make a satay sauce instead.*

Per serve: **PROTEIN** 37g **TOTAL FAT** 55g **CARBOHYDRATES** 47g

## FROM YOUR BOX

BROWN RICE	1 packet (150g)
PORK STEAKS	300g
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

If you have some fresh herbs such as chives, mint, or spring onion green tops you can thinly slice them and mix them into the dressing.



### 1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the 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** (see notes).



### 3. BBQ 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 VEGETABLES

Thinly slice capsicum, avocado and cucumber.



### 5. DRESS THE RICE

Dress the rice with 1/2 remaining 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](mailto:hello@dinnertwist.com.au)

