



### Product Spotlight: Macadamias

While macadamia nuts may grow on trees, they aren't harvested from up in the canopy. When they are ripe, macadamia nuts fall to the ground, where they are picked up by hand or by machine.



## Macadamia Pork Steaks with Purple Coleslaw

Free-range pork steaks coated in caraway seeds topped with toasted macadamias and served with purple coleslaw tossed in a mustard and dill vinaigrette.



20 minutes



4 servings



Pork

23 December 2022

## Entertaining?

*This dish can easily be bulked up to serve to guests. Add a potato salad or roasted veggies, and you'll have plenty to go around.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	33g	44g	15g

## FROM YOUR BOX

DILL	1 packet
DIJON MUSTARD	1 jar
MACADAMIAS	1 packet (60g)
PORK STEAKS	600g
RED CABBAGE	1/4
FENNEL	1
PURPLE CARROTS	2

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, red wine vinegar, caraway seeds (see notes)

## KEY UTENSILS

large frypan

## NOTES

If you don't have caraway seeds you can use fennel seeds, dried oregano, or dried rosemary.

Add macadamias to a food processor to blend to a crumb texture.



### 1. MAKE THE VINAIGRETTE

Finely chop dill fronds. Add to a large bowl along with mustard, **1/4 cup olive oil**, **2 tbsp vinegar**, **2 tbsp water**, **salt and pepper**. Whisk to combine.



### 2. TOAST THE MACADAMIAS

Finely chop macadamias (see notes). Heat a frypan over medium heat. Add macadamias and toast for 2-3 minutes until golden. Remove to a bowl and keep pan over heat.



### 3. COOK THE PORK STEAKS

Coat pork steaks in **oil**, **2 tsp caraway seeds**, **salt and pepper**. Increase heat to medium-high and add pork steaks to frypan and cook for 2-3 minutes each side until cooked through.



### 4. MAKE THE SLAW

Finely slice cabbage and fennel (reserve any fronds for garnish). Ribbon, julienne or grate purple carrots. Add to bowl with vinaigrette. Toss to combine.



### 5. FINISH AND SERVE

Divide slaw among plates along with pork steaks. Press toasted macadamias into pork steaks to crumb.

**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**

