



Product Spotlight: Oranges

Any leftover orange peel can be reused to remove grease and oil spots or to make orange tea.



G4 Pork Steaks with Orange Dressing and Winter Vegetables

Pork steaks coated in ground cumin served with a whole orange dressing and roasted winter vegetables, with dill and soft feta crumbled over to finish.

 30 minutes

 4 servings

 Pork

10 June 2022

Spice it up!

Instead of ground cumin, you can coat your pork steaks in fennel seeds and sprinkle dried chilli flakes over your roasted vegetables to serve.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	32g	54g

FROM YOUR BOX

SWEET POTATOES	800g
BRUSSELS SPROUTS	1 bag (300g)
BEETROOTS	2
PORK STEAKS	600g
ORANGE	1
DILL	1 packet
SOFT FETA CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin, apple cider vinegar

KEY UTENSILS

large frypan, oven tray

NOTES

When zesting oranges, lemons or limes make sure to only remove the brightly coloured flesh of the peel. Avoid the white part, or pith, directly underneath the peel as this is quite bitter.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Roughly dice sweet potato, halve Brussels sprouts and wedge beetroots. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20 minutes until tender.



4. TOP THE VEGETABLES

Roughly chop dill fronds. Crumble feta over tray and sprinkle with dill.



2. COOK THE PORK STEAKS

Heat a frypan over medium-high heat. Coat steaks with **oil, 1 tbsp cumin, salt and pepper**. Add steaks to pan and cook for 2-3 minutes each side until cooked through.



5. FINISH AND SERVE

Divide roasted vegetables among plates. Serve with pork steaks and orange dressing.



3. MAKE ORANGE DRESSING

Zest (see notes) orange to yield 1 tbsp. Add to a bowl along with juice from whole orange, **2 tbsp olive oil, 1 tbsp vinegar, salt and pepper**. Whisk to combine.

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**

