



### 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



4 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
	37g	46g	71g

## FROM YOUR BOX

BROWN RICE	1 packet (300g)
PORK STEAKS	600g
CORIANDER	1 packet (10g)
RED CAPSICUM	1
AVOCADOS	2
LEBANESE CUCUMBERS	2

## 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 **3 tsp turmeric**, **1/3 cup olive oil**, **1/4 cup vinegar** and **1 tbsp honey**.



### 3. BBQ THE PORK STEAKS

Heat a BBQ or griddle pan over medium-high heat. Coat pork steaks in 2 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, avocados and cucumbers. Set aside with coriander leaves.



### 5. DRESS THE RICE

Dress the rice with 1 1/2 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**

