

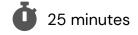




BBQ Pork Steaks

with Sunny Rice

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





4 servings



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.

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 mediumhigh heat. Coat pork steaks in <u>2 tbsp</u> <u>prepared dressing</u>, **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



