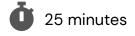




## Pork Steaks

### with Sunny Rice

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





4 servings



Pork

# 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 TOTAL FAT CARBOHYDRATES

36g 45g

41g

#### FROM YOUR BOX

BROWN RICE	1 packet (300g)
PORK STEAKS	600g
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**

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 3 tsp turmeric, 1/3 cup olive oil, 1/4 cup vinegar and 1 tbsp honey (see notes).



#### 3. BBQ PORK STEAKS

Heat a BBQ or griddle pan over mediumhigh 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 VEGETABLES**

Thinly slice capsicum, avocados and cucumbers.



#### 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.



