



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Avocado

Avocados are nutrient and energy-dense. Being plant-based, they contain no cholesterol. In fact, they are high in good fats, which can help lower cholesterol!



G4 Pork Steaks with Sunny Rice

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



25 minutes



4 servings



Pork

18 February 2022

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 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 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.

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**

