



### Product Spotlight: Quinoa

Quinoa is an amazing superfood seed, cooked like rice. It is mineral-rich, gluten-free and classed as a complete protein. Protein plays a crucial role in our bodies and amino acids are the building blocks of it.



## G4 **Pork Katsu** with Stir-Fry Veggies

Crunchy cornflake coated pork steaks paired with red quinoa, stir-fried vegetables and a Japanese-style curry sauce.

 30 minutes

 4 servings

 Pork

18 March 2022

## BBQ the steaks!

*Skip crumbing the pork steaks and rub with oil, smoked paprika, salt and pepper. Cook on the BBQ or in a grill pan for a smokey flavour.*

Per serve: **PROTEIN** 43g **TOTAL FAT** 18g **CARBOHYDRATES** 74g

## FROM YOUR BOX

RED QUINOA	1 packet (200g)
SHALLOT	1
CARROT	1
CORNFLAKES	1 packet (100g)
PORK STEAKS	600g
BROCCOLI	1
SUGAR SNAP PEAS	1 bag (250g)

## FROM YOUR PANTRY

oil for cooking, salt, pepper, curry powder, soy sauce (or tamari), honey, flour of choice (see notes)

## KEY UTENSILS

large frypan, saucepan, small saucepan

## NOTES

We used cornflour but you could use plain flour or rice flour.

You can blend the sauce if you want it smooth.



### 1. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to the boil and simmer for 10–15 minutes or until tender. Drain and rinse.



### 2. MAKE THE SAUCE

Heat a small saucepan over medium–high heat with **oil**. Dice shallot and grate carrot, add to pan and sauté for 3 minutes. Add **2–3 tsp curry powder, 1 tsp honey, 1 tbsp flour and 1 tbsp soy sauce**. Stir in **2 cups water** and simmer for 10 minutes (see notes).



### 3. COOK THE PORK STEAKS

Crush cornflakes to resemble crumbs. Coat pork steak in **oil, salt and pepper**. Press into cornflakes to coat. Heat a frypan over medium–high heat with **oil**. Cook pork for 3–4 minutes each side or until cooked through. Remove from pan and keep pan over heat.



### 4. STIR-FRY VEGETABLES

Chop broccoli into florets. Trim and slice peas. Add to pan as you go and stir–fry for 3–4 minutes until vegetables are tender. Season with **soy sauce and pepper** to taste.



### 5. FINISH AND SERVE

Divide quinoa, vegetables and pork steaks among plates. Serve with the sauce.

**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**

