




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**

