

Product Spotlight: Corn

Did you know you can BBQ corn cobs in their husks? This will keep the kernels nice and juicy!

BBQ Glazed Pork Steaks

with Charred Corn Salad

BBQ-glazed pork steaks served with a smoky charred corn, avocado and capsicum salad tossed in garlic aioli, alongside roasted sweet potato. A colourful, family-friendly dinner with plenty of char, crunch and flavour.

35 minutes Pork 2 servings

Switch it up!

Toss a drained can of black beans through the salad for extra protein and fibre, or turn leftovers into a pork and corn salad taco the next day.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	21g	38g

FROM YOUR BOX

SWEET POTATOES	400g
CORN COB	1
RED CAPSICUM	1
AVOCADO	1
BABY COS LETTUCE	1
AIOLI	1 sachet
PORK STEAKS	300g
BBQ SAUCE	40g

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, dried oregano

KEY UTENSILS

large frypan or griddle pan, oven tray

NOTES

Rinse the lettuce leaves in a salad spinner first to remove any excess sand.

You can dice or slice the pork and thread on to skewers. Cook on the BBQ for a charred flavour.

Scan the QR code to submit a Google review!



1. ROAST THE SWEET POTATO

Set oven to 220°C.
Dice **sweet potatoes** and toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 20-25 minutes until cooked through.



2. CHAR THE CORN

Heat a large frypan or griddle pan over high heat. Remove **corn** from cobs and toss with **oil**. Cook in pan for 3-5 minutes until slightly charred. Remove to a salad bowl.



3. PREPARE THE SALAD

Dice **capsicum**, **avocado** and roughly chop **lettuce leaves** (see notes). Toss together with **corn**, **1 tsp oregano** and **aioli**. Set aside in fridge until serving.



4. COOK THE PORK STEAKS

Coat **pork steaks** with **1 tsp paprika, oil, salt and pepper** (see notes). Reheat pan over medium-high heat. Cook **pork** for 4-5 minutes each side or until cooked through. Remove to a plate.



5. GLAZE THE STEAKS

Pour **BBQ sauce** over **pork steaks** and toss to coat.



6. FINISH AND SERVE

Serve **pork steaks** (slice if preferred) with **corn salad** and side of **sweet potato**.

How did the cooking go? Share your thoughts via **My Recipes** tab in your **Profile** and leave a review.
Something not right? Text us on **0440 132 826** or email **hello@dinnertwist.com.au**