



Product Spotlight: Broccolini

Broccolini has a slightly sweeter and more delicate taste compared to traditional broccoli and is often favoured for its tender stems and florets. It is very popular due to the versatility in cooking.

Switch it up!

Add all the ingredients to a slow cooker to make a pork goulash stew. Stir in a tin of chopped tomatoes and serve with a dollop of sour cream.

Paprika Pork and Potatoes

A rustic and homely dish of tender diced pork tossed in a paprika herb mix, pan-cooked with potatoes and sweet capsicum then finished with fresh parsley and a squeeze of lemon.



30 minutes



Pork



2 servings

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	27g	7g	29g

FROM YOUR BOX

DICED PORK	300g
PAPRIKA HERB MIX	14g
BROWN ONION	1
RED CAPSICUM	1
MEDIUM RED POTATOES	3
GARLIC CLOVE	1
BROCCOLINI	1 bunch
LEMON	1
PARSLEY	1 packet

FROM YOUR PANTRY

olive oil, salt, pepper, butter, olive oil

KEY UTENSILS

large frypan with lid, saucepan or frypan

NOTES

You can roast the vegetables and toss with cooked pork if preferred.

Paprika Herb Mix: ground paprika, garlic powder, onion powder, dried thyme, sea salt, cracked black pepper



Scan the QR code to
submit a Google review!



1. PREPARE INGREDIENTS

Coat diced **pork** with **paprika herb mix**.

Dice **onion**, **capsicum** and **potatoes** (3cm). Trim **broccolini**. Keep components separate.



2. BROWN THE PORK

Heat a large frypan over medium-high heat with **olive oil**. Add **pork** and cook for 6-8 minutes tossing until sealed and just cooked through. Remove from pan and set aside.



3. COOK THE POTATOES

Add **1 tbsp olive oil** to pan along with diced **potatoes**, **onion** and **crushed garlic** (see notes). Stir in **1/2 cup water**. Cover and cook for 12 minutes, stirring occasionally.



4. BLANCH THE BROCCOLINI

Meanwhile, bring a saucepan or frypan of water to a simmer. Blanch **broccolini** for 2 minutes until tender. Drain and toss with **1/2 tbsp butter**, **1 tsp lemon zest**, **salt** and **pepper**.



5. RETURN THE PORK

Add prepared **capsicum** and **pork** to pan with **potatoes**. Cover and cook for 2-3 minutes until **potatoes** are cooked through. Season with **salt** and **pepper** to taste.



6. FINISH AND SERVE

Chop **parsley** and use to garnish **pork**. Serve with **broccolini** and **lemon wedges**.

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**

