



Product Spotlight: Tomatoes

Although tomatoes are fruit, nutritionally they are more like vegetables. Keep them on your bench top for a rich, ripe flavour.



Pork Kebabs

with Pilaff Rice

Juicy pork steaks cooked on skewers and served on a bed of mildly spiced yellow rice with currants and finished with mint yoghurt.



30 minutes



2 servings



Pork

Switch it up!

You can change the spices to create a Moroccan style rice. Use ground turmeric, paprika and cinnamon, and if you have some saffron, you can add that as well!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	32g	90g

FROM YOUR BOX

CARROT	1
COURGETTES	2
TOMATO	1
PILAFF SPICE MIX	1 packet
BASMATI RICE	150g
PORK STEAKS	300g
MINT	1 packet
NATURAL YOGHURT	1 tub

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin, 1 stock cube, skewers (optional)

KEY UTENSILS

large frypan with lid, frypan or griddle pan

NOTES

You can cook the pork steaks whole instead of on skewers if preferred.

Pilaff spice mix: curry powder, cumin, coriander, turmeric, paprika, ginger, garlic and dried currants.



1. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **oil**. Grate carrot and courgettes. Wedge tomato and add all to pan as you go. Stir in spice mix and crumble in **1/2 stock cube**. Cook vegetables for 5 minutes until softened and fragrant.



2. SIMMER THE RICE

Add rice and **1 cup water**. Cover and simmer for 15 minutes until absorbed. Take off heat and leave to sit for 5 minutes.



3. PREPARE THE KEBABS

Cut pork in half lengthways into strips. Coat with **1-2 tsp cumin, oil, salt and pepper**. Thread onto **skewers** (see notes).



4. COOK THE KEBABS

Heat a griddle pan, frypan or barbecue over medium-high heat. Cook skewers (in batches if needed) for 4-6 minutes each side or until cooked through.



5. PREPARE THE TOPPINGS

Meanwhile, slice mint leaves. Mix 1/2 with yoghurt and **1 tbsp olive oil**. Season with **salt and pepper**.



6. FINISH AND SERVE

Season rice with **salt and pepper** to taste. Divide among plates along with pork kebabs. Serve with a dollop of mint yoghurt. Garnish with remaining mint.



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