DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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 4/6 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	39g

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	800g	1.2kg
CORN COBS	2	3
RED CAPSICUM	1	2
AVOCADO	1	2
BABY COS LETTUCE	1	2-pack
AIOLI	1 sachet	2 sachets
PORK STEAKS	600g	600g + 300g
BBQ SAUCE	2 x 40g	3 x 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.

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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.

6P- use 2 tsp oregano.



4. COOK THE PORK STEAKS

Coat **pork steaks** with **2 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.

6P- use 3 tsp paprika.



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**.

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