



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.



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

 4/6 servings

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.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	43g/47g	21g/24g	46g/48g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
DICED PORK	600g	600g + 300g
PAPRIKA HERB MIX	29g	29g + 14g
BROWN ONION	1	1
MEDIUM RED POTATOES	800g	1.2kg
RED CAPSICUM	1	2
GARLIC CLOVES	2	2
BROCCOLINI	2 bunches	2 bunches
LEMON	1	1
PARSLEY	1 packet	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



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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 **2 tbsp olive oil** to pan along with diced **potatoes**, **onion** and **crushed garlic** (see notes). Stir in **1 cup water**. Cover and cook for 12 minutes, stirring occasionally.
6P - Add **1 1/4 cup water**.



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 tbsp butter**, **1/2 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**.

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