



Product Spotlight: Celery

Celery is well known for being low in calories, but its health benefits go far beyond that. Celery retains most of its nutrients, even after cooking, unlike many other vegetables!



Blackened Pork Steaks

with Tossed Dill Vegetables

Free-range pork steaks cooked with herbs and spices served with roasted spring vegetables tossed in a fresh and herbaceous yoghurt and dill dressing.



35 minutes



2 servings



Pork

Switch it up!

Keep the roasted vegetables separated and serve the dill dressing on the side.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	17g	41g

FROM YOUR BOX

MEDIUM WHITE POTATOES	2
BEETROOT	1
SWEET POTATO	400g
CELERY STICK	1
DILL	1 packet
NATURAL YOGHURT	1 tub
PORK STEAKS	300g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, ground paprika

KEY UTENSILS

frypan or BBQ, oven tray

NOTES

Some lemon zest and juice would be a delicious addition to the dill dressing.



1. ROAST THE VEGGIES

Set oven to 220°C.

Dice **potatoes**. Cut **beetroots** and **sweet potato** into cubes. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes or until tender.



4. TOSS THE VEGGIES

Add **roasted vegetables** to bowl with **dill dressing**. Toss to combine.



2. MAKE THE DILL DRESSING

Thinly slice **celery stick** and chop **dill**. Toss in a large bowl along with **yoghurt** and **1 tbsp olive oil**. Stir to combine and set aside in the fridge until serving (see notes).



3. COOK PORK STEAKS

Heat a frypan or BBQ over medium-high heat. Coat **pork steaks** with **oil, 2 tsp paprika, 2 tsp oregano, salt and pepper**. Add **steaks** to pan and cook for 2–3 minutes each side until cooked through.



5. FINISH AND SERVE

Divide **dill vegetables** among plates. Serve with **pork steaks**.



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