

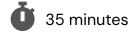




# **Blackened Pork Steaks**

# 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.





2 servings



# Switch it up!

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

**TOTAL FAT CARBOHYDRATES** 36g

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.



# 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.



## 4. TOSS THE VEGGIES

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



# 5. FINISH AND SERVE

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







