

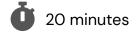




## **Macadamia Pork Steaks**

### with Purple Coleslaw

Free-range pork steaks coated in caraway seeds topped with toasted macadamias and served with purple coleslaw tossed in a mustard and dill vinaigrette.







# Entertaining?

This dish can easily be bulked up to serve to guests. Add a potato salad or roasted veggies, and you'll have plenty to go around.

TOTAL FAT CARBOHYDRATES

31g

#### FROM YOUR BOX

DILL	1 packet
MUSTARD	1 jar
MACADAMIAS	40g
PORK STEAKS	300g
CARAWAY SEEDS	1 packet
CARAWAY SEEDS RED CABBAGE	1 packet
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RED CABBAGE	1/4

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, red wine vinegar

#### **KEY UTENSILS**

large frypan

#### **NOTES**

Add macadamias to a food processor to blend to a crumb texture.



#### 1. MAKE THE VINAIGRETTE

Finely chop dill fronds. Add to a large bowl along with mustard, 1/4 cup olive oil, 2 tbsp vinegar, 1 tbsp water, salt and pepper. Whisk to combine.



#### 2. TOAST THE MACADAMIAS

Finely chop macadamias (see notes). Heat a frypan over medium heat. Add macadamias and toast for 2-3 minutes until golden. Remove to a bowl and keep pan over heat.



#### 3. COOK THE PORK STEAKS

Coat pork steaks in oil, caraway seeds, salt and pepper. Increase heat to mediumhigh and add pork steaks to frypan and cook for 2-4 minutes each side until cooked through.



#### 4. MAKE THE SLAW

Finely slice cabbage and fennel (reserve any fronds for garnish). Ribbon, julienne or grate beetroot. Add to bowl with vinaigrette. Toss to combine.



#### **5. FINISH AND SERVE**

Divide slaw among plates along with pork steaks. Press toasted macadamias into pork steaks to crumb.



**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **O481 072 599** or send an email to **hello@dinnertwist.com.au** 



