

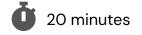


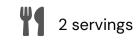


Macadamia Pork Steaks

with Purple Coleslaw

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

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

41g

31g

FROM YOUR BOX

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

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan

NOTES

Add 1/2-1 tsp of sweetener of choice such as brown sugar, honey or maple syrup to the vinaigrette if you prefer! A sliced apple could be added to the slaw as well.

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



1. MAKE THE VINAIGRETTE

Stir to combine dijon mustard, 2 tbsp olive oil, 1 1/2 tbsp vinegar, 1 tbsp water, salt and pepper in a large bowl (see notes). Set aside.



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 medium-high and add pork steaks to frypan and cook for 2-4 minutes each side until cooked through.



4. MAKE THE SLAW

Meanwhile, chop **dill**, slice **cabbage** and **fennel**. Add to the 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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**



