



### Product Spotlight: Macadamias

While macadamia nuts may grow on trees, they aren't harvested from up in the canopy. When they are ripe, macadamia nuts fall to the ground, where they are picked up by hand or by machine.



## 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.

 20 minutes

 4 servings

 Pork

## 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** 43g **TOTAL FAT** 37g **CARBOHYDRATES** 17g

## FROM YOUR BOX

DILL	1 packet
MUSTARD	1 jar
MACADAMIAS	60g
PORK STEAKS	600g
CARAWAY SEEDS	2 packets
RED CABBAGE	1/4
FENNEL	1
BEETROOT	1

## 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**, **2 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 medium-high 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.



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