




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 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

DIJON MUSTARD	1 small jar
MACADAMIAS	60g
PORK STEAKS	600g
CARAWAY SEEDS	1 packet
DILL	1 packet
RED CABBAGE	1/4
FENNEL	1
PURPLE CARROTS	2

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**, **1/4 cup olive oil**, **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 large 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**. Ribbon, julienne or grate **carrots**. 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.



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