



Product Spotlight: Black Rice

Forbidden Black Rice has a delicious nutty taste and magical aromas, as well as superior health benefits, that makes it a new alternative to white and brown rice.



Spiced Pork Steaks with Black Rice Salad

Juicy pork steaks spiced with cumin and paprika, served alongside a black rice salad with capsicum, mint and cucumber, finished with a creamy mint yoghurt dressing.



30 minutes



4 servings



Pork

Spice it up!

If you don't like ground cumin you can use ground coriander on the pork steaks, or a cajun spice mix also works well!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	51g	63g	26g

FROM YOUR BOX

BLACK RICE	300g
RED CAPSICUM	1
LEBANESE CUCUMBER	1
MINT	1 bunch
BABY SPINACH	120g
NATURAL YOGHURT	1 tub
PORK STEAKS	600g

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, vinegar (of choice), ground cumin, ground (or smoked) paprika

KEY UTENSILS

large frypan, saucepan, stick mixer or blender

NOTES

If you have some garlic you can add in 1/2 a clove to the dressing. You can also just stir to combine instead of blending the dressing.



1. COOK THE RICE

Place **rice** in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, or until tender. Drain and rinse with cold water.



2. PREPARE THE SALAD

Dice **capsicum** and **cucumber**, slice **1/2 bunch of mint**. Add to a large bowl with **spinach** leaves.



3. MAKE THE DRESSING

Roughly chop remaining **mint** leaves. Blend together with **yoghurt** using a stick mixer or blender (see notes). Season with **salt and pepper**.



4. COOK THE PORK

Coat **pork steaks** with **2 tsp cumin**, **1 tsp ground paprika**, **oil**, **salt and pepper**. Cook in a frypan over medium–high heat for 4–5 minutes each side or until cooked through.



5. FINISH AND SERVE

Add cooked rice to salad and dress with **1 tbsp vinegar** and **2 tbsp olive oil**.

Serve steaks with black rice salad and yoghurt mint dressing to taste.



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