



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Exotic Bazaar sauce


This warming Persian-style Fesenjoon simmer sauce is free from added oil, gluten, sugar and dairy! It's packed with flavour from walnuts and pomegranate seeds.



## 4 Middle Eastern Pork with Feta & Peas

Bring the warm, aromatic flavours of Middle-Eastern cuisine to your kitchen with this easy pork dinner!

 30 minutes

 4 servings

 Pork

20 July 2020

*Easy alternative*

*Halve sugar snaps and leave  
cucumber in slices to serve on  
the side as finger food.*

## FROM YOUR BOX

BROWN RICE	300g
PORK MINCE	600g
BROWN ONION	1
TOMATOES	2
ENGLISH SPINACH	1 bunch
WALNUT POMEGRANATE SAUCE	1 jar
CONTINENTAL CUCUMBER	1/2 *
SUGAR SNAP PEAS	1/2 bag (125g) *
FETA CHEESE	1/2 block *
CHIVES	1/3 bunch *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil, salt, pepper

## KEY UTENSILS

saucepan, large frypan

## NOTES

If you (or someone at your dinner table) isn't a fan of cooked spinach, you can mix it into the salad in step 4 instead.

**No pork option** – pork mince is replaced with **chicken mince**. Brown onion first with 2 tbsp oil, then add chicken mince.



### 1. COOK THE RICE

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



### 2. COOK THE MINCE

Heat a large frypan over high heat. Add the mince and cook for 5 minutes, breaking up with a spatula. Dice and add onion, cook for a further 3 minutes.



### 3. ADD THE VEGETABLES

Wedge the tomatoes and add to pan. Wash and chop spinach and add to pan with sauce (see notes). Mix well and simmer, semi covered, for 10 minutes. Season with **salt and pepper**.



### 4. MAKE THE SALAD

Dice cucumber, slice sugar snap peas and crumble feta. Chop chives. Toss all with **1 tbsp olive oil, salt and pepper**.



### 5. FINISH AND PLATE

Divide rice between bowls and add pork. Top with cucumber salad.

**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](mailto:hello@dinnertwist.com.au)

