



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

 2 servings

 Pork

20 July 2020

Easy alternative

Halve sugar snaps and serve on the side as finger food.

FROM YOUR BOX

BROWN RICE	150g
PORK MINCE	300g
RED ONION	1/2 *
TOMATO	1
BABY SPINACH	1 bag (60g)
WALNUT POMEGRANATE SAUCE	1 jar
SUGAR SNAP PEAS	1/2 bag (75g) *
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, 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 1 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 tomato and add to pan with spinach and sauce (see notes). Mix well and simmer, semi covered, for 10 minutes. Season with **salt and pepper**.



4. MAKE THE SALAD

Slice sugar snap peas and crumble feta. Chop chives. Toss all with **1/2 tbsp olive oil, salt and pepper**.



5. FINISH AND PLATE

Divide rice between bowls and add pork. Top with sugar snap pea 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

