



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



e-Recipe only

Create your way by
using your favourite
pantry items from
home.



Pork Steaks

with Beetroot Salad

Tender pork steaks with roast beetroot, carrot and rocket salad.



35 minutes



4 servings



Chicken

FROM YOUR BOX

BEETROOTS	3
CARROTS	2
PORK STEAKS	600g
ROCKET LEAVES	120g

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, vinegar (of choice)

NOTES

You can add some crumbled feta or goats cheese to the salad along with fresh chopped herbs. Toasted nuts or dukkah also work well as a garnish.

1. ROAST THE VEGETABLES

Set oven to 220°C. Wedge beetroots and cut carrots into angular pieces. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes or until tender.

TIP *Add a ground spice or herb to vegetables for flavour. We used 2 tsp cumin seeds. You can also add some red onion, capsicum or cherry tomatoes to roast!*

2. MAKE THE DRESSING

Whisk together **1 tbsp vinegar** with **1 tbsp olive oil**. Season with **salt and pepper**.

TIP *We used a balsamic vinegar to make the dressing. Add some honey or maple syrup for sweetness.*

3. COOK THE PORK

Coat pork steaks with seasoning of choice (see tip). Cook in a frypan with **oil** over medium-high heat for 4–5 minutes each side or until cooked through.

TIP *We used 2 tsp ground coriander to season the pork. You could use a ground spice or dried herb of choice.*

4. FINISH AND SERVE

Toss the rocket leaves, roast vegetables and dressing together. Serve with pork steaks.

TIP *Serve the pork with a relish or chutney if you have some.*