



Product Spotlight: Mustard

By some accounts, mustard was the first condiment humans ever put on their food. It is believed the Romans were the first to grind the seeds into a spreadable paste.



3 Pork Steaks with Mustard Sauce and Kebabs

Pork steaks cooked in paprika, served with vegetable kebabs and a mustard sauce.

 30 minutes

 2 servings

 Pork

10 December 2021

Bake it!

If you don't want to make the vegetable kebabs you can prepare the vegetables and toss them with seasoning on a lined oven tray. Roast for 15-20 minutes or until tender.

Per serve: **PROTEIN** 36g **TOTAL FAT** 30g **CARBOHYDRATES** 26g

FROM YOUR BOX

GREEN CAPSICUM	1
ZUCCHINI	1
CORN COB	1
BUTTON MUSHROOMS	1 bag (150g)
MUSTARD	1 jar
PORK STEAKS	300g

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, skewers (see notes), balsamic vinegar, ground paprika, honey

KEY UTENSILS

2 frypans

NOTES

If you're using wooden skewers, soak them in water before using (ideally for 30 minutes or longer) to prevent them from burning.

You can cook this dish entirely on the BBQ or in a griddle pan if desired.

No pork option – pork steaks are replaced with chicken thigh fillets. Increase cooking time to 4–5 minutes on each side or until cooked through.



1. PREPARE VEGETABLES

Cut capsicum and zucchini into similar size pieces. Slice corn into thin cobs and halve mushrooms. Toss in a bowl with **oil, 2 tsp paprika, salt and pepper** until well coated.



2. COOK THE KEBABS

Thread vegetables onto skewers. Heat a frypan (see notes) over medium-high heat. Cook, turning occasionally, for 8–10 minutes or until vegetables are tender.



3. PREPARE THE SAUCE

Whisk together mustard, **1 tbsp vinegar, 1 tbsp water, 1/2 tsp honey and 2 tbsp olive oil**. Season with **salt and pepper**.



4. COOK THE PORK STEAKS

Heat a second frypan over medium-high heat. Coat pork steaks in **oil, 1 tsp paprika, salt and pepper**. Cook for 3–4 minutes each side or until cooked to your liking.



5. FINISH AND SERVE

Divide kebabs and pork steaks among plates. Serve with mustard sauce.

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**

