



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Black Rice


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



## 3 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 mins

 2 servings

 Pork

8 March 2021

## 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** 58g **TOTAL FAT** 34g **CARBOHYDRATES** 65g

## FROM YOUR BOX

BLACK RICE	150g
RED CAPSICUM	1
LEBANESE CUCUMBER	1
BABY SPINACH	1/2 bag (60g) *
MINT	1/2 bunch *
NATURAL YOGHURT	3/4 cup *
PORK STEAKS	300g

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

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

**No pork option – pork steaks are replaced with chicken schnitzels.** Cook as per step 4.



### 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 with cold water.



### 2. PREPARE THE SALAD

Dice the capsicum and cucumber. Set aside with spinach leaves.

Whisk together **1/2 tbsp vinegar** and **1 tbsp olive oil**. Set aside.



### 3. MAKE THE DRESSING

Roughly chop 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 **1 tsp cumin, 1/2 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 PLATE

Toss cooked rice with salad and vinegar dressing. Season with **salt and pepper**. Divide among plates with pork. Spoon over mint dressing to taste.

**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**

