



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Thyme


To quickly remove thyme leaves – place your fingers at the top of the stem and firmly slide the leaves down.



## 3 Cajun Pork Steaks

Tender pork steaks with a southwest spice paired with fresh avocado salad, thyme vinaigrette and golden sweet potato chips.

 30 minutes

 4 servings

 Pork

7 December 2020

### Spice it up!

*If you don't have a cajun spice mix you could use a combination of ground cumin, paprika and coriander. You could also try using a Mexican spice mix if you have one.*

Per serve: **PROTEIN** 39g **TOTAL FAT** 29g **CARBOHYDRATES** 53g

## FROM YOUR BOX

|                      |              |
|----------------------|--------------|
| SWEET POTATOES       | 800g         |
| AVOCADO              | 1            |
| SPRING ONIONS        | 1/4 bunch *  |
| CONTINENTAL CUCUMBER | 1            |
| CHERRY TOMATOES      | 1 bag (200g) |
| THYME                | 1/2 packet * |
| PORK STEAKS          | 600g         |
| SALSA                | 1 jar        |

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, red wine vinegar, cajun spice (or ground cumin)

## KEY UTENSILS

oven tray, frypan

## NOTES

If you don't have a whisk for the dressing, you can add all the ingredients into a glass jar and shake it to emulsify the dressing.

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



### 1. ROAST SWEET POTATOES

Set oven to 220°C.

Cut sweet potatoes into wedges. Toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 20–25 minutes until cooked through.



### 2. PREPARE THE SALAD

Slice avocado, spring onions and cucumber. Halve tomatoes.



### 3. MAKE THE DRESSING

Whisk together 1 tbsp thyme leaves, **1 tbsp red wine vinegar** and **2 tbsp olive oil**. Season with **salt and pepper**. Set aside.



### 4. COOK THE PORK

Coat pork steaks with **1/2 tbsp cajun spice, oil, salt and pepper**. Cook in a frypan over medium–high heat for 3–4 minutes each side or until cooked through.



### 5. FINISH AND PLATE

Toss dressing through salad and divide among plates with sweet potatoes and pork steaks. Serve with salsa.

**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**

