



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

 4 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** 54g **TOTAL FAT** 32g **CARBOHYDRATES** 59g

FROM YOUR BOX

BLACK RICE	300g
RED CAPSICUM	1
LEBANESE CUCUMBER	1
BABY SPINACH	1/2 bag (100g) *
MINT	1/2 bunch *
NATURAL YOGHURT	3/4 cup *
PORK STEAKS	600g

**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 tbsp vinegar** and **2 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 **2 tsp cumin**, **1 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**

