



### Product Spotlight: Plantagenet Pork

Animal welfare and agricultural sustainability are of highest priorities to Plantagenet Free Range Pork. They produce pork without hormones and antibiotics.



## 3 Cuban-Style Mojo Pork Steaks

A zesty orange dressing drizzled over pork steaks and salsa, served with sweet potato wedges.

 35 mins

 4 servings

 Pork

10 September 2021

### Marinate it!

*If you have time, marinate the pork steaks in half the dressing plus 1 tsp sugar overnight. This will help to add even more flavour into the pork and also tenderise the meat further.*

Per serve: **PROTEIN** 35g **TOTAL FAT** 19g **CARBOHYDRATES** 52g

## FROM YOUR BOX

SWEET POTATOES	800g
ORANGE	1
CORN COBS	2
SPRING ONIONS	1/3 bunch *
GREEN CAPSICUM	1
TOMATO	1
PORK STEAKS	600g

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried oregano, ground coriander, balsamic vinegar

## KEY UTENSILS

large frypan, oven tray

## NOTES

If you prefer less fat, you can trim it off the pork steaks before cooking.

**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 POTATO

Set oven to 220°C.

Cut sweet potato into wedges. Toss on a lined oven tray with **oil, 2 tsp oregano, salt and pepper**. Roast for 20 minutes or until golden and tender.



### 2. MAKE THE DRESSING

Zest and juice orange. Add to a bowl with **1 tsp oregano, 3 tsp vinegar, 1 tbsp olive oil, salt and pepper**. Whisk to combine.



### 3. COOK THE CORN

Heat a frypan over medium–high heat with **oil**. Cut the kernels from the corn. Add to pan and cook, stirring, for 4–6 minutes until tender. Reserve frypan.



### 4. MAKE THE SALSA

Slice spring onions, dice capsicum and tomato. Add to a bowl with corn kernels. Toss with 1 tbsp dressing.



### 5. COOK PORK STEAKS

Reheat reserved frypan over medium–high heat. Coat steaks in **oil, 2 tsp coriander, salt and pepper**. Cook (in batches if necessary) for 3–4 minutes each side or until cooked to your liking.



### 6. FINISH AND SERVE

Serve pork steaks on plates with sweet potato wedges and salsa. Drizzle remaining dressing over steaks and 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**

