



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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**

