





# **Dukkah Pork**

Tender pork steaks sprinkled with spiced dukkah, served with tray-baked vegetables.







#### FROM YOUR BOX

MEDIUM POTATOES 3  ZUCCHINI 1  CARROT 1  RED CAPSICUM 1  PORK STEAKS 300g  DUKKAH 1 packet		
CARROT 1 RED CAPSICUM 1 PORK STEAKS 300g	MEDIUM POTATOES	3
CARROT 1 RED CAPSICUM 1 PORK STEAKS 300g		
RED CAPSICUM 1 PORK STEAKS 300g	ZUCCHINI	1
RED CAPSICUM 1 PORK STEAKS 300g		_
PORK STEAKS 300g	CARROT	1
PORK STEAKS 300g	DED CARSICIIM	1
	RED CAPSICOM	ı
	DUBK STEVKS	300a
DUKKAH 1 packet	1 ORK STEAKS	300g
Packet	DIIKKAH	1 nacket
	DORRAIT	i packet

#### FROM YOUR PANTRY

oil for cooking, salt and pepper

### **NOTES**

You can cook the pork steaks, zucchini and capsicum on the BBQ instead. Roast the potatoes and carrots in the oven or cook them in advance to make a potato salad if you prefer a cold side.

#### 1. ROAST THE VEGETABLES

Set oven to 220°C. Slice potatoes, zucchini, carrot and capsicum. Toss on a lined oven tray with seasoning of choice (see tip), oil, salt and pepper. Roast in oven for 25-30 minutes until cooked through.



TIP You can add extra vegetables for more servings. Cherry tomatoes, mushrooms, sweet potato and pumpkin work well! For extra flavour you can add some crushed garlic, dried oregano or thyme, cumin seeds, ground coriander or paprika.

## 2. COOK THE PORK

Coat pork steaks with seasoning of choice, oil, salt and pepper. Cook on a frypan or griddle over medium-high heat for 4-5 minutes each side or until cooked through.



Ground cumin, coriander, smoked paprika or sumac all work well to season the pork and compliment the flavours in the dukkah.

#### 3. FINISH AND SERVE

Serve pork steaks with vegetable tray bake. Sprinkle with dukkah.



You can toss baby spinach, rocket leaves, crumbled feta cheese or sliced olives through the vegetable tray bake. Serve with a yoghurt sauce or relish of choice.

This recipe has simplified instructions to help lower your meal cost.