

SEE  
NOTES FOR  
VEGETARIAN  
INSTRUCTIONS



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Pita breads

These delicious Lebanese style pita breads are baked fresh without preservatives. Store in the fridge/freezer until needed (they defrost very quickly) to ensure they stay fresh.



## 3 Pork Skewers with Fattoush Salad

Fattoush is a 'bread salad' from the Middle East. It is made with in-season salad vegetables and toasted pita chips. In our version we have added in a block of feta cheese and a fresh summery mint dressing.

 20 minutes

 2 servings




 Pork

14 December 2020

## Dukkah?!

*If you have some dukkah in your pantry you can add a tbsp when toasting the pita crisps for a delicious boost of flavour!*

## FROM YOUR BOX

MINT	1 bunch
LEMON	1
PITA BREADS	1 packet
CHERRY TOMATOES	1 punnet (200g)
LEBANESE CUCUMBER	1
GEM LETTUCE	1*
FETA CHEESE	1 packet
PORK STEAKS 	300g
 DICED PUMPKIN	400g
 HUMMUS	1 tub

\*Ingredient also used in another recipe

## FROM YOUR PANTRY

olive + oil for cooking, salt, pepper, skewers (optional), dried oregano, honey

## KEY UTENSILS


oven tray, grill or frypan (opr barbecue)

## NOTES

If you are not using skewers, keep pork steaks whole and cook on the barbecue as is!

**No pork option – pork steaks are replaced with chicken schnitzels.** Cook as per recipe.


**No gluten option – pita breads are replaced with GF wraps.**

 **VEG OPTION – Ingredients are replaced with vegetarian alternatives – follow the cooking instructions as directed.**



### 1. MAKE THE DRESSING

Set oven to 200°C and soak skewers (optional, if using). Chop mint leaves and combine with juice from 1/2 lemon, **1 tsp honey and 1/4 cup olive oil.**

 **VEG OPTION – Toss pumpkin with oil on a lined oven tray and roast for 15–20 minutes or until golden and tender.**



### 4. PREPARE THE PORK

Trim pork steaks and cut each steak in half, lengthways. Toss with **1/2 tbsp oil, 1/2 tsp oregano, salt and pepper.** Thread onto skewers (optional, see notes).

 **VEG OPTION – Skip this step.**



### 2. TOAST THE BREADS

Cut the pita breads into pieces and toss with **olive oil.** Place on a lined oven tray and bake for 5–6 minutes until golden and crispy (they will crisp up more as they cool).



### 5. COOK THE PORK

Heat a pan or barbecue over medium–high heat. Cook for 6–8 minutes, turning occasionally, until cooked through.

 **VEG OPTION – Skip this step.**




### 3. PREPARE SALAD INGREDIENTS

Halve tomatoes and cut cucumber into rounds. Wedge lettuce and quarter feta cheese. Arrange on a large platter.



### 6. FINISH AND SERVE

Serve pork skewers with salad and pita crisps. Drizzle with dressing.

 **VEG OPTION – Layer pumpkin and salad on plates and serve with hummus and pita crisps. Drizzle with dressing.**

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