

MARLEY SPOON



Spiced Pork Loin Steak

and Quinoa Salad



20-30min



2 Portions

Sweet and smokey is a combination that never fails. The lean pork steaks are rubbed with a fragrant and smokey spice mix and, to bring the dish altogether, the quinoa is also sprinkled with the same spice mix. Add a hit of mango for sweetness and a drizzle of lemon for tang and you've got a great dinner for two.

What we send

- lemon
- spice mix
- free-range pork loin steak
- mango
- coriander
- red capsicum
- red onion
- quinoa

What you'll require

- extra virgin olive oil
- salt and pepper
- spray oil

Utensils

- large frypan
- sieve
- small saucepan and lid
- zester or grater
- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

Rinse the coriander stems and roots well to discard any dirt.

Allergens

May contain traces of allergenic ingredients.

Nutrition per serving

Energy 650.0kcal, Fat 16.3g, Proteins 44.8g, Carbs 71.3g



1. Cook quinoa

Rinse the **quinoa** and place in a small saucepan with 300ml water. Bring to the boil. Cover and reduce heat. Cook for 12 mins or until water has absorbed and quinoa is tender. Set aside for 5 mins and fluff with a fork.



2. Prepare vegetables

Meanwhile, finely chop the **onion**. Discard the seeds and membranes from the **capsicum** and finely chop. Pick the **coriander** leaves and finely chop the stems and roots (see cooking tip). Finely dice the **mango**.



3. Season pork

Trim any excess fat from **pork** and rub with half of the **pork rub**. Season with **salt and pepper**.



4. Cook pork

Heat a large frypan over medium-high heat. Lightly spray with **oil**. Cook the **pork steaks** for 3-4 mins each side or until cooked but lightly pink inside. Set aside to rest.



5. Cook vegetables

Wipe the pan clean and heat 1 tbs **oil** over medium-high heat. Cook **onion** and **capsicum**, stirring occasionally for 5 mins or until tender. Stir in the remaining **pork rub** and cook for 30 secs or until fragrant. Remove the pan from the heat.



6. Get ready to serve

Add the **quinoa** to the pan. Zest the **lemon** over the pan. Juice half of the lemon over the pan and cut remaining half into wedges. Stir to combine and season. Thickly slice the **pork steaks**. Gently toss the **mango**, **coriander leaves** and **chopped coriander stems** and **roots** through the **quinoa mix**. Serve the steaks with the quinoa salad and **lemon wedges**.