

DINNERLY



Seared Pork Salad with Tomatoes and Fennel Salt

 20-30 minutes  2 Servings

This cafe-style dish of pan-seared pork steaks and salad is super simple and, if you like, ditch the knife and fork and roll it all into a delicious warm wrap.

WHAT WE SEND

- 5 pita breads ^{1,6}
- 1 Lebanese cucumber
- 5g ground fennel ¹
- 2 free-range pork loin steaks
- 1 tomato
- 70g mixed salad leaves

WHAT YOU NEED

- Australian honey
- mustard ¹⁰
- olive oil
- vinegar

TOOLS

- large frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Soy (6), Mustard (10). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 580kcal, Fat 18.5g, Carbs 53.9g, Protein 46.6g



1. Prep ingredients

Cut the **tomato** into thin wedges. Halve the **cucumber** lengthwise, then thinly slice. Sprinkle **1 tsp ground fennel** over the pork, season with **salt and pepper** and rub to coat all over.



2. Cook pork

Heat **2 tsp olive oil** in a medium frypan over high heat. Cook the **pork** for 3-4 mins each side until golden. Remove from the pan, cover and rest for 4 mins.



3. Make dressing

Meanwhile, put **1 tbs olive oil**, **1 tbs white wine vinegar**, **2 tsp wholegrain mustard** and **2 tsp honey** in a small bowl, season with **salt and pepper** and stir well to combine. Put **1 tsp salt flakes** and the **remaining ground fennel** in a bowl, season with **pepper** and stir to combine.



4. Warm pita

Cook **2 pita** (the remaining pita won't be used in this dish), one at a time, in a medium frypan over medium heat for 30 seconds each side or until soft and slightly golden.






5. Assemble and serve up

Thinly slice the **pork**. Put the **tomato**, **cucumber**, **salad leaves** and **half the dressing** in a large bowl and toss to combine. Divide the **salad** and **pork** among plates. Sprinkle the pork with the **fennel salt** and drizzle with the **remaining dressing**. Serve with the **warm pita** on the side.



6. Make it yours

Got a weekend BBQ or picnic lunch coming up? Use this recipe to make seared pork wraps. Instead of making a dressing just add a little mayo to the wraps.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
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from at least **95%**
Australian ingredients