

# DINNERLY



## Seared Pork Salad with Tomatoes and Fennel Salt

 20-30 minutes  4 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 <sup>1,6</sup>
- 2 Lebanese cucumbers
- 2 x 5g ground fennel <sup>1</sup>
- 4 free-range pork loin steaks
- 2 tomatoes
- 140g mixed salad leaves

## WHAT YOU NEED

- Australian honey
- mustard <sup>10</sup>
- olive oil
- vinegar

## TOOLS

- large frypan
- medium 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 **tomatoes** into thin wedges. Halve the **cucumbers** lengthwise, then thinly slice. Sprinkle **2 tsp ground fennel** over the pork, season with **salt and pepper** and rub to coat all over.



### 2. Cook pork

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



### 4. Warm pita

Cook **4 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](mailto:hi@dinnerly.com.au)  
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 Packed in Australia  
from at least **95%**  
Australian ingredients