



FAST

HEALTHY

Speedy Chimichurri Pork

with Freekeh and Feta Salad



20-30min



2 Portions

The ancient grain, freekeh, has gained wide popularity. This low GI grain is valued for its nutritional benefits and a wonderful nutty, earthy flavour. Here, freekeh is used in a chopped salad with fresh salad vegetables, a red wine vinegar dressing and salty feta. It's the perfect partner to juicy pan-seared pork steaks with a crispy chimichurri crust. This recipe is also suited to cooking ...

What we send

- free-range pork loin steak
- freekeh ¹
- spring onion
- chimichurri spice blend ¹⁷
- feta ⁷
- tomato
- Lebanese cucumber

What you'll require

- olive oil
- red wine vinegar ¹⁷
- sea salt and pepper
- water

Utensils

- medium frypan
- sieve
- small saucepan with lid

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

~Chimichurri is spicy. To avoid heat, leave pork unmarinated and cook in 2 tsp olive oil. ~Resting your pork allows the juices to reabsorb into the steak ensuring it is tender and juicy.

Allergens

Gluten (1), Milk (7), Sulphites (17). May contain traces of other allergens.

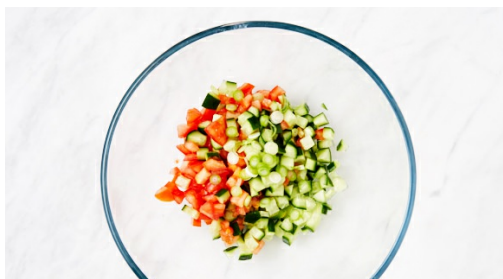
Nutrition per serving

Energy 599kcal, Fat 18.7g, Carbs 57.6g, Proteins 51.2g



1. Cook freekeh

Rinse the **freekeh** well, then put in a small saucepan with **500ml (2 cups) water** and a **pinch of salt**. Bring to the boil, then reduce heat to medium and cook, partially covered, for 15-18 mins or until tender. Drain, then rinse under cold running water.



4. Prepare salad ingredients

Cut the **tomato** and **cucumber** into 1-2cm chunks. Finely chop the **spring onion**, including the green stem. Put the tomato, cucumber and spring onion in a large bowl.



2. Marinate pork

Meanwhile, combine the **chimichurri seasoning** (see cooking tip) and **2 tsp olive oil** in a large bowl. Add the **pork** and rub to coat.



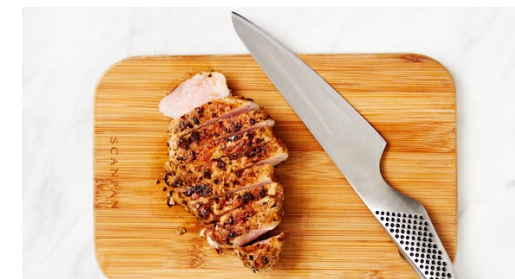
5. Make salad

Add the **freekeh**, **2 tsp red wine vinegar** and **2 tsp olive oil** to the salad. Season with **salt and pepper** and stir well to combine. Crumble in the **feta** and gently stir through.



3. Cook pork

Heat a medium frypan over medium-high heat. Cook the **pork** for 3-4 mins each side. Remove from the pan and rest for 4 mins.



6. Slice pork

Thinly slice the **pork** into thin strips. Divide the **salad** among plates and serve with the **pork**.