



**FAST**

**HEALTHY**

## Speedy Chimichurri Pork

with Freekeh and Feta Salad



20-30min



4 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
- feta <sup>7</sup>
- tomato
- spring onion
- Lebanese cucumber
- freekeh <sup>1</sup>
- chimichurri spice blend <sup>17</sup>

## What you'll require

- olive oil
- red wine vinegar <sup>17</sup>
- sea salt and pepper
- water

## Utensils

- large frypan
- medium saucepan with lid
- sieve

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 1 tbs 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.

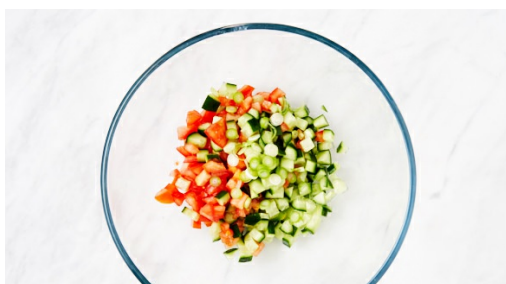
## Nutrition per serving

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



**1. Cook freekeh**

Rinse the **freekeh** well, then put in a medium saucepan with **1L (4 cups) water** and a **pinch of salt**. Bring to the boil, then reduce the 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 **tomatoes** and **cucumbers** into 1-2cm chunks. Finely chop the **spring onions**, including the green stems. Put the tomato, cucumber and spring onion in a large bowl.



**2. Marinate pork**

Meanwhile, combine the **chimichurri seasoning** (see cooking tip) and **1 tbs olive oil** in a large bowl. Add the **pork** and rub to coat.



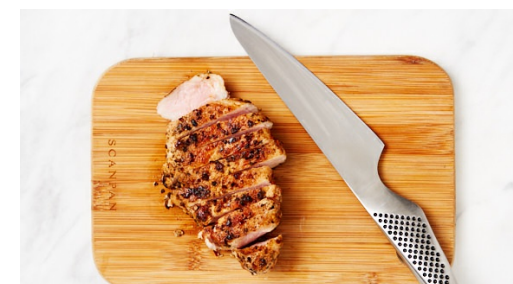
**5. Make salad**

Add the **freekeh**, **1 tbs red wine vinegar** and **1 tbs 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 large 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**.