



Pan-Seared Pork Medallions

with Kale and Zucchini



20-30min



2 Portions

Bring a superfood powerhouse to your kitchen. Kale is one of the most nutrient-dense foods available and with the correct braising technique it loses its tough texture and brings a wonderful rich and earthy flavour to the plate. Team with juicy, tender pork loin steaks, seared to create a golden crust, for a high protein, low carb and antioxidant-packed dinner.

What we send

- free-range pork loin steak
- slivered almonds ¹⁵
- garlic
- lemon
- dried Italian herbs ¹⁷
- kale
- mild chilli flakes
- zucchini

What you'll require

- olive oil
- sea salt and pepper
- water

Utensils

- box grater
- fine grater
- large frypan
- paper towel

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

Cooking tip

It's important the pan is very hot before adding the pork. ~Add chilli flakes to suit your spice preferences. Alternatively, omit the chilli flakes when cooking and serve at table.

Allergens

Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 440kcal, Fat 23.3g, Carbs 8.9g, Proteins 43.9g



1. Prepare ingredients

Thinly slice the **garlic**. Finely grate the zest of **half the lemon**, then juice the half (the remaining half won't be used in this dish).



2. Prepare kale

Discard the tough stems from the **kale**, then coarsely tear the leaves into large pieces. Put in a colander and rinse under cold water, allowing the residual water to remain.



3. Grate zucchini

Coarsely grate the **zucchini**. Put the **almonds** in a cold large frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan.



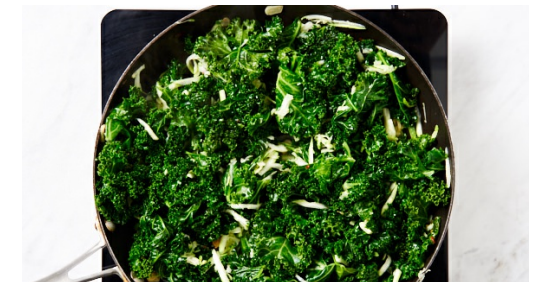
4. Cook pork

Return the pan to the heat and increase to high heat (see cooking tip). Rub the **pork steaks** with **2 tsp olive oil** and scatter with **2 tsp dried Italian herbs**. Reduce the heat to medium-high and cook the pork for 3-4 mins each side. Remove from the pan and rest for 5 mins.



5. Cook aromatics

Reduce the heat to low, add **2 tsp olive oil** to the pan and cook the **garlic, lemon zest** and a **pinch of chilli flakes** (see cooking tip) for 1-2 mins until the garlic has softened and is lightly golden.



6. Cook kale

Increase the heat to medium-high. Add the **kale** and **1 tbs water** and cook, stirring, for 5 mins or until the kale is starting to wilt. Stir in the **zucchini** and cook for a further 1 min or until the kale is tender. Stir in **1 tbs lemon juice** and season with **salt and pepper**. Divide the **pork and kale mixture** among plates. Scatter over the **almonds** to serve.