





## Pan-Seared Pork Medallions

with Kale and Zucchini

 20-30min  4 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

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

## 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 435kcal, Fat 23.2g, Carbs 8.4g, Proteins 43.8g



### 1. Prepare ingredients

Thinly slice the **garlic**. Finely grate the **lemon** zest, then juice.



### 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.



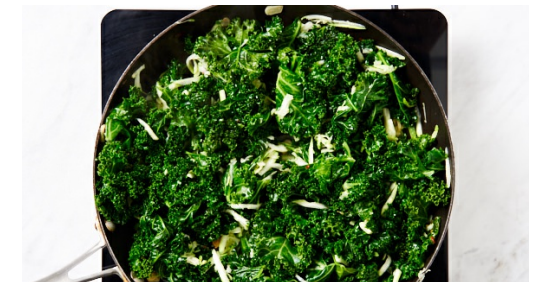
### 4. Cook pork

Return the pan to the heat and increase to high heat (see cooking tip). Rub the **pork steaks** with **1 tbs olive oil** and scatter with **1 tbs 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 **1 tbs 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 **2 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 **2 tbs lemon juice** and season with **salt and pepper**. Divide the **pork and kale mixture** among plates. Scatter over the **almonds** to serve.

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