



HEALTHY

Fennel-Rubbed Pork Steaks

with Apple and Celery Slaw



20-30min



4 Portions

Dust with fennel seeds before pan frying and you get an irresistible crust on lean, juicy pork loin steaks. We've paired this tempting combo with a slaw of cabbage, fresh apple, baby spinach and crunchy hazelnuts. The result? Restaurant-style that's light on the waist.

What we send

- 15

- 1

What you'll require

- Dijon mustard ¹⁷
- extra virgin olive oil
- Australian honey
- olive oil
- sea salt and pepper
- white wine vinegar ¹⁷

Utensils

- mandoline (optional)
- medium frypan
- rolling pin

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

Cooking tip

Pork is cooked through and at its tender best when blush pink, so don't be afraid of the colour! Just make sure to rest the steaks after cooking to allow the moisture to re-absorb for juicy results.

Allergens

Gluten (1), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 460kcal, Fat 27.2g, Carbs 10.6g, Protein 40.4g



1. Marinate pork

Read through the recipe. Coarsely crush the **fennel seeds** using a mortar and pestle or rolling pin. Combine the fennel seeds and **1 tbs olive oil** in a large bowl and season with **salt and pepper**. Add the **pork** and rub to coat.



2. Make dressing

Whisk **60ml (¼ cup) extra virgin olive oil**, **1 tbs white wine vinegar**, **2 tsp dijon mustard** and **2 tsp honey** in a large bowl. Season with **salt and pepper**.



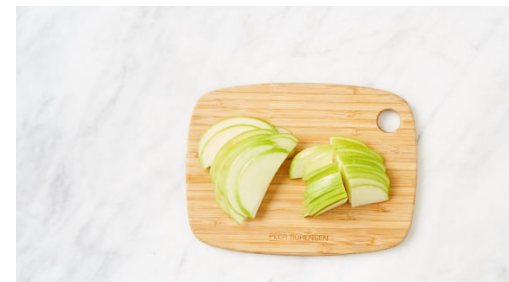
3. Prepare slaw

Very thinly slice the **cabbage** with a mandoline or sharp knife. Coarsely chop the **hazelnuts**. Finely chop the **parsley**, including the stems. Add the cabbage and parsley to the dressing and toss to coat.



4. Cook pork

Heat a medium frypan over medium-high heat. Cook the **pork** for 3-4 mins each side until cooked through. Remove from the pan and rest for 3 mins (see cooking tip).



5. Slice apple

Meanwhile, quarter the **apple**, removing the core, then thinly slice. Thinly slice the **celery**.



6. Get ready to serve

Add the **apple**, **celery**, **spinach** and **hazelnuts** to the slaw and toss to combine. Divide the **pork** and **slaw** among plates and drizzle the pork with any resting juices to serve.