

DINNERLY



Sticky Glazed Pork Steaks with Apple and Orange Couscous...

 20-30 minutes  4 Servings

Give midweek meat 'n' vege a glamorous update. Glaze whole pork loin steaks with a sticky sauce, serve with a zesty couscous and rocket salad for a delicious cafe-style dinner.

WHAT WE SEND

- 1 orange
- 140g rocket leaves
- 300g couscous¹
- 1 granny smith apple
- 4 pork loin steaks
- 5g ground ginger¹⁷

WHAT YOU NEED

- boiling water
- garlic clove
- Australian honey
- olive oil
- soy sauce⁶

TOOLS

- fine grater
- foil
- large frypan

Our veggies come straight from the farm, so please wash them before cooking.

COOKING TIP

To keep it juicy, we like to cook our pork to medium which is a little pink in the middle. If you would prefer it well done, cook for 1 min more on each side.

ALLERGENS

Gluten (1), Soy (6), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 660kcal, Fat 16.6g, Carbs 75.8g, Proteins 48.6g



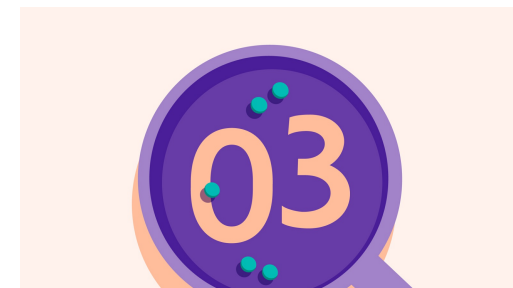
1. Prep ingredients

Crush or finely chop **3 garlic cloves**. Finely grate the zest and juice **half the orange**, then cut the **remaining half** into wedges. Quarter and core the **apple**, then cut into thin matchsticks. Put the **orange zest, 60ml (¼ cup) orange juice, half the garlic** and **2 tbs olive oil** in a small bowl, season with **salt and pepper** and whisk to combine.



2. Marinate pork

Combine the **remaining garlic, 2 tbs honey, 1 tbs soy sauce** and **2 tsp ground ginger** (the remaining ginger won't be used in this dish) in a shallow dish. Add the **pork**, season with **salt and pepper** and turn to coat all over.



3. Soften couscous

Put the **couscous** in a heatproof bowl, add **330ml (1½ cups) boiling water**, cover with a plate or plastic wrap and stand for 5-6 mins until tender. Fluff the grains with a fork.



4. Cook pork

Meanwhile, heat **1 tbs olive oil** in a large frypan over medium heat. Drain the **pork**, reserving the marinade, then cook for 3 mins each side (see cooking tip) or until golden. Pour in the **reserved marinade** and cook for 1 min or until warmed through. Transfer the pork and sauce to a plate, cover with foil and set aside to rest while you make the salad.






5. Serve up

Add the **apple, rocket** and **dressing** to the **couscous** and toss to combine. Slice the **pork**. Divide the **couscous salad** and **pork** among plates and drizzle over any **glaze**. Serve with **orange wedges** and enjoy.



6. Make it yours

For a little couscous crunch, scatter with chopped toasted almonds just before serving.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
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 **Packed in Australia**
from at least **65%**
Australian ingredients