

MARLEY SPOON



Spice-Crusted Pork Steaks

with Persian Rice



20-30min



2 Portions

Simple weeknight dinners don't have to be boring and bland, and this recipe is a case in point. A little coriander and cumin give pork steaks an aromatic coating while basmati rice adds its wonderful warm flavour to the accompaniment with toasty pistachios, sweet onions and currants. Serving lemon wedges on the side allows diners to add as much zesty tang as they like.

What we send

- 15

What you'll require

- olive oil
- sea salt and pepper
- water

Utensils

- small frypan
- small saucepan with lid

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

Cooking tip

The pork steaks will be cooked to blush pink, which will ensure the meat is tender and juicy.

Allergens

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

Nutrition per serving

Energy 640kcal, Fat 17.4g, Carbs 70.4g, Proteins 45.3g



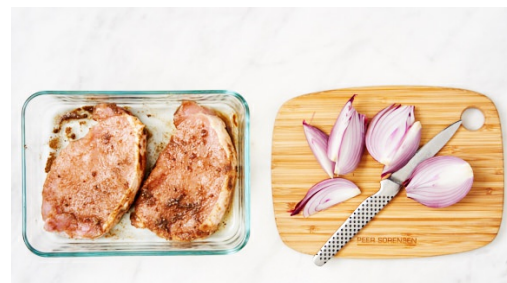
1. Cook rice

Rinse **rice** until the water runs clear. Put in a small saucepan with **½ tsp turmeric** (remaining turmeric won't be used in this dish), **250ml (1 cup) water** and a **pinch of salt**. Cover and bring to a simmer over medium heat. Reduce heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat, put **spinach** on top and cover to wilt.



4. Cook pork

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



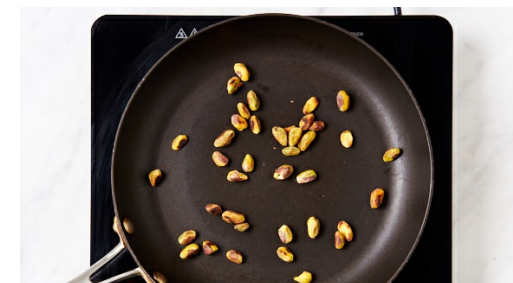
2. Marinate pork

Meanwhile, put the **cumin and coriander spice** and **2 tsp olive oil** in a shallow dish, season with **salt and pepper** and stir to combine. Add the **pork** and turn to coat. Cut the **onion** into wedges, leaving the root intact, so the wedges hold together.



5. Finish rice

Reduce heat to medium and add **2 tsp olive oil** to the frypan. Cook the **onion** for 4-5 mins until softened. Add the onion, **currants** and **pistachios** to the **rice mixture** and gently stir to combine. Taste and season with salt and pepper.



3. Toast pistachios

Put the **pistachios** in a cold small frypan over medium heat. Cook, tossing, for 2-3 mins until toasted. Remove from the pan and allow to cool slightly, then coarsely chop.



6. Get ready to serve

Cut the **lemon** into wedges. Thickly slice the **pork**. Divide the **rice** and **pork** among plates. Serve with the **lemon wedges**.