

# DINNERLY



⚡ FAST

🍏 HEALTHY

## Pan-Fried Pork Steaks with Asian Orange Sauce

🕒 20-30 minutes    🍴 2 Servings

With juicy pan-seared pork steaks drizzled with an orange, soy and honey sauce, plus a medley of carrot, peas and spring onion, meat and three veg never tasted so great.

## WHAT WE SEND

- 2 carrots
- 1 orange
- 125g brown rice
- 2 free-range pork loin steaks
- 150g peas
- 1 spring onion

## WHAT YOU NEED

- Australian honey
- soy sauce<sup>6</sup>
- vegetable oil

## TOOLS

- fine grater
- medium frypan
- medium saucepan
- sieve

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

## ALLERGENS

Soy (6). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 575kcal, Fat 9.0g, Carbs 68.4g, Proteins 47.6g



### 1. Prep ingredients

Bring a medium saucepan of water to the boil for the rice. Peel and thinly slice the **carrots**. Thinly slice the **spring onion**. Finely grate the zest of **half the orange**, then juice the half (the remaining orange won't be used in this dish).



### 2. Cook rice

Cook the **rice** in the pan of boiling water for 20 mins. Add the **carrot** and cook for 3 mins. Add the **peas** and cook for a further 2 mins or until the rice is al dente and the vegetables are tender. Drain and keep warm.



### 3. Prep sauce

Meanwhile, put the **orange zest**, 80ml ( $\frac{1}{3}$  cup) **orange juice**,  $\frac{1}{2}$  tbs **soy sauce**, 1 tsp **honey** and **half the spring onion** in a bowl and stir to combine.



### 4. Pan-fry pork

Heat 2 **tsp vegetable oil** in a medium frypan over medium-high heat. Season the **pork steaks** with **salt and pepper**, then cook for 2-3 mins each side until golden and almost cooked through. Transfer the pork to a plate. Heat the uncleaned pan over medium heat, add the orange sauce and cook for 4 mins or until thick and syrupy.



### 5. Finish and serve up

Return the **pork** and resting juices to the pan and cook for a further 1 min or until the pork is cooked through. Divide the **pork** and **rice mixture** among plates, then spoon over the **sauce**. Taste, then season with **salt and pepper**. Scatter with the **remaining spring onion** and enjoy.



### 6. Make it yours

Scatter over fresh coriander leaves to serve to pump up the Asian flavour in the sauce.