



## Spiced Pork Steaks

with Persian-Style Brown Rice



20-30min



2 Portions

The Persians, a.k.a. the Iranians, have made the cooking of rice into an art form, incorporating spice, dried fruits and nuts into their pilafs. Traditional cooking methods are a bit complicated though, so we've simplified things enormously. Plus used brown rice instead of white, thrown in plenty of spinach and added lean pork steak on the side, for an optimally healthy result.



## What we send

- 15
- 

\* The remainder of this ingredient won't be used in this recipe.

## What you'll require

- olive oil
- sea salt and pepper
- water

## Utensils

- medium frypan
- medium saucepan
- sieve

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 is desired to ensure the meat is tender and juicy. ~Cut the whole lemon into wedges, if desired.

## Allergens

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

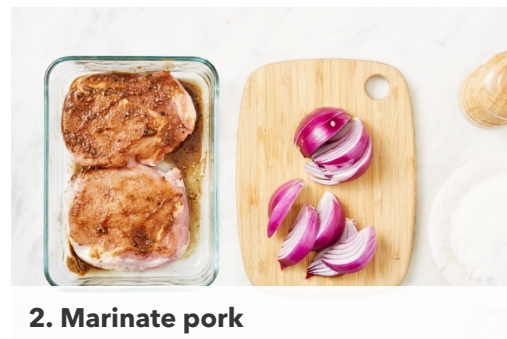
## Nutrition per serving

Energy 599kcal, Fat 18.5g, Carbs 59.0g, Proteins 45.0g



1. Cook rice

**Read through the recipe.** Bring **1L (4 cups) water** to the boil in a medium saucepan. Add the **rice** and **½ tsp turmeric\*\*** to the boiling water and cook for 25 mins or until tender. Drain.



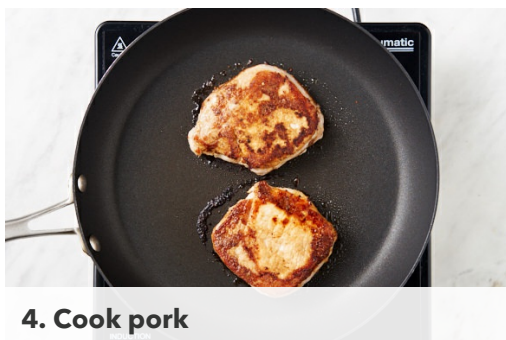
2. Marinate pork

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



3. Toast pistachios

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



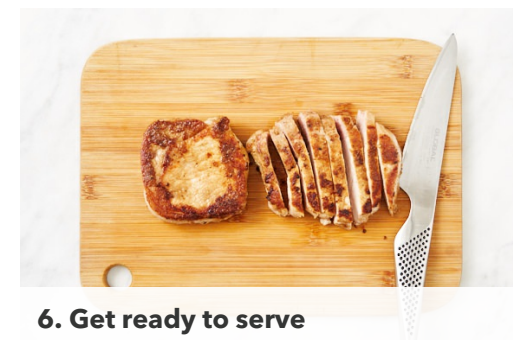
4. Cook pork

Cook the **pork** in the pan over medium heat for 3-4 mins each side until golden and cooked through (see cooking tip). Transfer to a plate and rest for 4 mins.



5. Finish turmeric rice

Heat **2 tsp olive oil** in the pan. Cook the **onion** for 4-5 mins until softened. Add the **spinach** and cook, tossing, for 2 mins or until wilted. Add the **currants, pistachios** and **rice**, season with **salt and pepper** and gently stir to combine. Remove from the heat.



6. Get ready to serve

Thickly slice the **pork**. Cut **half the lemon\*\*** into wedges (see cooking tip). Divide the **turmeric rice** and **pork** among plates and drizzle with any resting juices. Serve with the **lemon wedges**.