

# DINNERLY



## Sticky Glazed Pork Steaks with Apple and Orange Couscous



20-30 minutes



4 Servings

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

## WHAT WE SEND

- 1

## WHAT YOU NEED

- boiling water
- garlic clove
- Australian honey
- olive oil
- soy sauce<sup>6</sup>
- white vinegar

## TOOLS

- fine grater
- foil
- large frypan

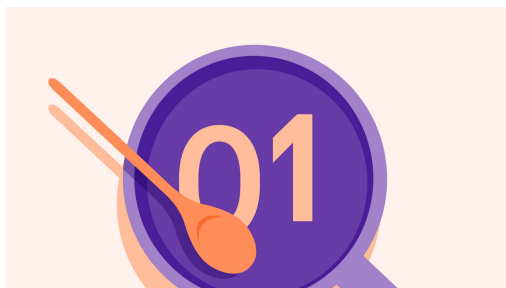
Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

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

## NUTRITION PER SERVING

Energy 710kcal, Fat 21.2g, Carbs 77.2g, Proteins 48.6g



### 1. Make dressing

Crush **3 garlic cloves**. Finely grate the zest and squeeze the juice of the **orange**. Put the **orange zest, orange juice, half the garlic, 60ml (¼ cup) olive oil, 1½ tbs white wine vinegar** and **1 tsp honey** in a bowl, season with **salt and pepper** and whisk to combine.



### 2. Marinate pork

Quarter the **apples**, remove the cores, then cut into thin matchsticks (see Kitchen Hack). Combine the **remaining garlic, 2 tsp ground cumin and coriander spice blend** (the remaining spice won't be used in this dish), **1 tbs soy sauce** and **2 tbs honey** in a shallow dish. Add the **pork**, season with **salt and pepper** and turn to coat all over.



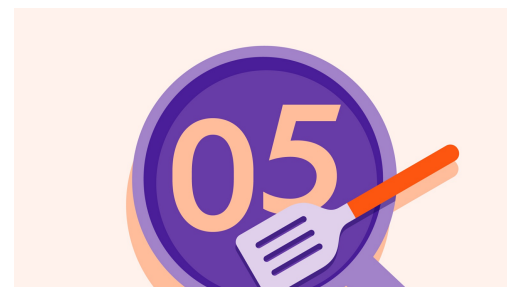
### 3. Prepare couscous

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



### 4. Cook pork

Meanwhile, heat **1 tbs olive oil** in a medium frypan over medium-high heat. Drain the **pork**, reserving the marinade. Cook the pork for 3-4 mins each side until golden and cooked through. 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 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. Drizzle over any glaze and enjoy!



### 6. Kitchen Hack

Cutting the apple into matchsticks is easy: simply thinly slice the apple lengthwise, stack the slices, then cut into thin strips.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)  
View the recipe online by visiting your account at [dinnerly.com.au](https://dinnerly.com.au)     #dinnerly

 Packed in Australia  
from at least 20%  
Australian ingredients