

# DINNERLY



⚡ FAST

## Seared Pork Salad with Tomatoes and Fennel Salt



20-30 minutes



2 Servings

This cafe-style dish of pan-seared pork steaks and salad is super simple, but a little fennel salt takes it to next-level fabulous. You can also ditch the knife and fork and roll into soft warm wraps.

## WHAT WE SEND

- 1 tomato
- 1 Lebanese cucumber
- 5g ground fennel<sup>1</sup>
- 2 free-range pork loin steaks
- 4 flour wraps<sup>16</sup>
- 70g mixed salad leaves

## WHAT YOU NEED

- olive oil
- white wine vinegar<sup>17</sup>
- wholegrain mustard<sup>17</sup>
- Australian honey

## TOOLS

- medium frypan
- large frypan

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

## ALLERGENS

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

## NUTRITION PER SERVING

Energy 485kcal, Fat 20.2g, Carbs 32.5g, Protein 41.8g



### 1. Prep ingredients

Cut the **tomato** into thin wedges. Halve the **cucumber** lengthwise, then thinly slice. Sprinkle **1 tsp ground fennel** over the pork, season with **salt and pepper** and rub to coat all over.



### 2. Cook pork

Heat **2 tsp olive oil** in a medium frypan over high heat. Cook the **pork** for 3-4 mins each side until golden. Remove from the pan, cover and rest for 4 mins.



### 3. Make dressing

Meanwhile, put **1 tbs olive oil**, **1 tbs white wine vinegar**, **2 tsp wholegrain mustard** and **2 tsp honey** in a small bowl, season with **salt and pepper** and stir well to combine. Put **1 tsp salt flakes** and the **remaining ground fennel** in a small bowl, season with **pepper** and stir to combine.



### 4. Warm wraps

Warm **2 wraps** (the remaining wraps won't be used in this dish), one at a time, in a large frypan over medium heat for 30 seconds each side or until soft and slightly golden.



### 5. Assemble and serve up

Thinly slice the **pork**. Put the **tomato**, **cucumber**, **salad leaves** and **half the dressing** in a large bowl and toss to combine. Divide the **salad** and **pork** among plates. Sprinkle the pork with the **fennel salt** and drizzle with the **remaining dressing**. Serve with the **warm wraps** on the side.



### 6. Make it yours

Got a weekend barbecue or picnic lunch coming up? Use this recipe to make seared pork wraps. Instead of making a dressing, just add a little mayo to the wraps.