




Product Spotlight: Celery


Celery is well known for being low in calories, but its health benefits go far beyond that. Celery retains most of its nutrients, even after cooking, unlike many other vegetables!



Blackened Pork Steaks with Tossed Dill Vegetables

Free-range pork steaks cooked with herbs and spices served with roasted spring vegetables tossed in a fresh and herbaceous yoghurt and dill dressing.

 35 minutes

 4 servings

 Pork

Switch it up!

Keep the roasted vegetables separated and serve the dill dressing on the side.

Per serve: **PROTEIN** 37g **TOTAL FAT** 27g **CARBOHYDRATES** 44g

FROM YOUR BOX

BABY POTATOES	500g
BEETROOTS	2
SWEET POTATO	300g
CELERY STICKS	2
DILL	1 packet
NATURAL YOGHURT	1 tub
PORK STEAKS	600g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, ground paprika

KEY UTENSILS

frypan or BBQ, oven tray

NOTES

Some lemon zest and juice would be a delicious addition to the dill dressing.



1. ROAST THE VEGGIES

Set oven to 220°C.

Halve baby potatoes. Cut beetroots and sweet potato into cubes. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes or until tender.



4. TOSS THE VEGGIES

Add roasted vegetables to bowl with dill dressing. Toss to combine.



2. MAKE THE DILL DRESSING

Thinly slice celery sticks. Roughly chop dill fronds. Toss in a large bowl along with yoghurt and **1 tbsp olive oil**. Stir to combine (see notes).



5. FINISH AND SERVE

Divide dill vegetables among plates. Serve with pork steaks.



3. COOK THE PORK STEAKS

Heat a frypan or BBQ over medium–high heat. Coat steaks with **oil, 2 tsp paprika, 2 tsp oregano, salt and pepper**. Add steaks to pan and cook for 2–3 minutes each side until cooked through.



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