



Product Spotlight: Green Beans

Green beans are full of cholesterol-lowering soluble fibre as well as vitamins and minerals for healthy eyes and bones!



3 Pork Katsu Dipping Platter

Crumbed pork steaks served on a platter with roasted vegetables and a Japanese-style curry sauce.

 30 mins

 2 servings

 Pork

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Simplify it

You can turn this into a Japanese-style curry; make the curry sauce, add in an extra cup of water. Cut up all your vegetables, add them to the curry, cook until tender. Crumb and cook your pork steaks and serve on top of the curry.

Per serve: **PROTEIN** 40g **TOTAL FAT** 7g **CARBOHYDRATES** 126g

FROM YOUR BOX

SWEET POTATO	400g
DUTCH CARROTS	1 bunch
SHALLOT	1
CARROT	1
CORN FLAKES	1 packet (100g)
PORK STEAKS	300g
GREEN BEANS	1 bag (150g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, salt and pepper, curry powder, flour, 1 stock cube, raw sugar (or sweetener of choice)

KEY UTENSILS

large frypan, saucepan, oven tray, kettle

NOTES

Curry powders can differ in flavour and spice levels so start with a smaller amount if you're worried about spiciness, and increase to taste.

For the best result, blend the sauce to a smooth paste using a stick mixer.

No pork option – pork steaks are replaced with chicken breast. Increase cooking time to 4–5 minutes on each side or until cooked through.



1. ROAST THE VEGETABLES

Set oven to 220°C. Cut sweet potatoes into rounds, trim and scrub dutch carrots. Arrange on a lined oven tray. Coat with **oil**, season with **salt and pepper**. Roast for 15–20 minutes until cooked through.



2. MAKE THE CURRY SAUCE

Heat a saucepan over medium-high heat with **oil**. Slice shallot, grate carrot, add to pan as you go, cook stirring for 3 minutes. Add **2–3 tsp curry powder**, **2 tsp sugar**, **1 tbsp flour and crumble in stock cube**. Whisk in **2 cups water** and simmer uncovered for 10 minutes (see notes).



3. CRUMB THE PORK

Roughly crush corn flakes and add to a bowl with **salt and pepper**. Coat the pork steaks in **oil** then cover in crumbs.



4. COOK THE PORK

Heat a frypan over medium-high heat with **oil**. Add in the crumbed pork steaks and cook for 3–4 minutes on each side until cooked through. Set aside to rest.



5. BLANCH GREEN BEANS

Boil the kettle. Trim the green beans and halve them. Add to a bowl with boiled water from kettle and blanch for 1–2 minutes. Drain the water.



6. FINISH AND PLATE

Place all the vegetables on a platter, with the curry sauce in a bowl. Slice pork steaks and place on the platter.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

