




### Product Spotlight: Dill

Back in the day it was believed that dill had magical powers and could save you from both witchcraft and nightmares! Nowadays we know dill is great to calm the digestive system among many other benefits.



## 4 Fennel Pork with Dill Red Rice

A lemon and dill red rice salad with cranberries and pine nuts. Served with fennel pork koftas and a garlic yoghurt sauce.

 35 minutes

 2 servings

 Pork

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## Spice it up!

*If you're not a fan of fennel seeds you can use ground coriander, cumin or caraway seeds instead!*

Per serve: **PROTEIN** 46g **TOTAL FAT** 37g **CARBOHYDRATES** 83g

## FROM YOUR BOX

|                       |                |
|-----------------------|----------------|
| RED RICE              | 150g           |
| LEMON                 | 1              |
| DILL                  | 1 packet       |
| BABY WOMBOK           | 1/2 *          |
| CELERY STICK          | 1              |
| SPRING ONIONS         | 2 *            |
| CRANBERRIES/PINE NUTS | 1 packet (40g) |
| PORK MINCE            | 300g           |
| NATURAL YOGHURT       | 1 tub (200g)   |

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, fennel seeds, garlic (1/2 clove)

## KEY UTENSILS

large frypan, saucepan

## NOTES

Separate and rinse the wombok cabbage leaves before slicing to remove any dirt.

**No pork option** – pork mince is replaced with **chicken mince**. Increase cooking time to 4-5 minutes on each side or until cooked through.



### 1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes until tender. Drain and rinse.



### 2. PREPARE THE DRESSING

Whisk together lemon zest and juice with **2 tbsp olive oil, salt and pepper** in a large salad bowl. Chop and add dill.



### 3. PREPARE THE SALAD

Shred wombok cabbage (see notes). Slice celery and spring onions. Toss into dressing along with cranberries, pine nuts and cooked rice.



### 4. COOK THE PORK

Combine pork mince with **1 tsp fennel seeds, salt and pepper**. Heat a frypan over medium-high heat. Use oiled hands to shape pork mixture into koftas and add to pan as you go. Cook for 6-8 minutes turning until cooked through.



### 5. PREPARE THE YOGHURT

Combine yoghurt with **1/2 crushed garlic clove, 1 tbsp olive oil, salt and pepper**.



### 6. FINISH AND PLATE

Divide rice salad and pork koftas among plates. Serve with a dollop of garlic yoghurt.

**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**

