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Pork Steak, Potato Wedges & Rainbow Slaw

Eating the rainbow isn't just eating food that looks nice - it's also nature's way of telling you that you're getting all the vital nutrients your body needs to thrive! Of course, this rainbow slaw also tastes great when paired with pork steaks.



Prep: 10 mins

Cook: 25 mins

Total: 35 mins



level 1



high fibre



high protein

Pantry Items



Olive Oil



Mayonnaise



Potatoes



Red Cabbage



Carrot



Mint



Pork Loin Steaks




Cajun Spice Mix

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2P	4P	Ingredients
400 g	800 g	potatoes, unpeeled & cut into 2 cm wedges
2 tbs	4 tbs	olive oil *
2 cups	4 cups	thinly sliced red cabbage 
1	2	carrot, peeled & thinly sliced
½ bunch	1 bunch	mint, leaves picked & roughly chopped 
1-2 tbs	2-4 tbs	mayonnaise *
2	4	pork loin steaks
½ sachet	1 sachet	Cajun spice mix (recommended amount)

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2370	Kj
Protein	49.6	g
Fat, total	20.9	g
-saturated	3.6	g
Carbohydrate	39.3	g
-sugars	11.9	g
Sodium	368	mg



You will need: *You will need: chef's knife, chopping board, oven tray lined with baking paper, medium bowl, small mixing bowl, medium frying pan, tongs, plate and aluminium foil.*

1 Preheat the oven to **220°C / 200°C fan-forced**.

2 Place **potato** on the prepared oven tray, toss in half of the **olive oil** and season with **salt** and **pepper**. Cook in the oven for **20-25 minutes**, or until cooked through. Set aside.

3 In a medium bowl place the thinly sliced **red cabbage**, **carrot**, **mint** and **mayonnaise** and mix together until combined and coated. Season with salt and pepper and set aside.

4 Heat the remaining olive oil in a medium frying pan over a medium-high heat. Coat the **pork loin steaks** in the **Cajun spice mix** and season with salt and pepper. Cook the pork steaks for **2-3 minutes** on each side, or until browned and cooked all the way through. Leave to rest for **5 minutes** on a plate covered in foil.

5 To serve, divide the potato wedges, rainbow slaw and rested pork steaks between plates, and enjoy!



Did you know? According to *The Joy of Cooking* (1997), raw cabbage is the only ingredient consistently used in coleslaw recipes; the cabbage type, dressing, and extra ingredients vary widely.