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
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WK47  
2016




## Zingy Paprika Pork with Warm Confetti Salad

This zesty Spanish inspired pork is so tasty you'll be bolting back for seconds. Be sure to marinate the pork for at least 15 minutes to absorb all of that amazing flavour! With a resplendent rainbow salad of celebratory confetti, there's no doubt that this lively dish is a real winner.

 **Prep:** 10 mins  
 **Cook:** 20 mins  
 **Total:** 30 mins

 level 1

 paleo

### Pantry Items



Olive Oil



Lemon



Garlic



Smoked Paprika



Pork Loin Steaks



Corn



Red Onion



Red Kidney Beans



Roma Tomato



Parsley

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QTY	Ingredients	
½	lemon, zested & juiced	⊕
1 clove	garlic, peeled & crushed	⊕
½ sachet	smoked paprika ( <b>recommended amount</b> )	
5 steaks	pork loin	
2 tbs	olive oil *	
1 cob	corn, shucked & kernels removed	
½	red onion, finely sliced ( <b>recommended amount</b> )	
1 tin	red kidney beans, drained & rinsed	
1	roma tomato, diced	
1 bunch	parsley, leaves picked	

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	1380	Kj
Protein	46.8	g
Fat, total	10.4	g
-saturated	1.9	g
Carbohydrate	9.1	g
-sugars	2.3	g
Sodium	186	mg



**You will need:** *chef's knife, chopping board, zester, garlic crusher, sieve, medium bowl, two large frying pans, wooden spoon, aluminium foil and tongs.*

**1** Combine the **lemon zest**, **lemon juice**, **garlic**, **smoked paprika** and a good grind of **salt** and **pepper** in a medium bowl. Add the **pork loin steaks** and rub the marinade into the flesh. Set aside at room temperature to marinate for at least **15 minutes**.



**2** Meanwhile, heat half of the **olive oil** in a large frying pan over a medium heat. Add the **corn kernels** and **red onion** and season with salt and pepper. Cook, stirring, for **2 minutes**, or until just tender, then add the **red kidney beans** to the pan. Cook, tossing, for **1 minute**, or until warmed through (take care not to break up the beans). Add the **roma tomato** and toss to combine. Remove the pan from the heat and stir through the **parsley**. Season to taste with salt and pepper. Cover with foil to keep warm.



**3** Remove the pork from the marinade and cook in a large greased frying pan over a medium-high heat for about **2-3 minutes** on each side, or until cooked through.

**4** To serve, divide the confetti bean salad among plates and serve with the zingy pork. Enjoy!



**Did you know?** Corn originates from a wild grass which was domesticated by indigenous North American farmers approximately 9000 years ago.