

Spiced pork sirloin with chickpea cream and quick braised kale



For an easy mid-week meal try this spiced pork sirloin with chickpea cream and quick braised kale.

Ingredients:

1. 1 tablespoon Mexican chilli powder
2. 1 tablespoon paprika
3. 4 x 200g Coles Australian pork sirloin steaks
4. 3 tablespoon olive oil, divided
5. 20g butter
6. 400g can chickpeas, drained, rinsed
7. 1 3/4 cups (435ml) salt-reduced chicken stock, divided
8. 1 tablespoon extra virgin olive oil
9. 1 tablespoon fresh lemon juice
10. 2 cloves garlic, sliced
11. 1/2 teaspoon cumin seeds, coarsely crushed

12. 1 bunch green kale (170g), stemmed, coarsely chopped

Method:

1. In a small bowl, mix the chilli powder, paprika, 1 tablespoon sea salt flakes and 2 teaspoons freshly ground black pepper. Transfer the spice mixture to a plate and coat both sides of the pork in the mixture.
2. Heat a large heavy frying pan over medium-high heat. Add 1 tablespoon of the olive oil and pork steaks to the pan and cook for 2-3 mins or until the pork is heavily caramelised on the bottom. Turn the pork over and add the butter to the pan. Baste the pork with the butter as it melts and cook the pork for 2-3 more mins or until the centre of the pork is cooked through and registers 60C on a meat thermometer. Set the pork aside to rest. Discard the fat from the pan and wipe the pan clean.
3. Meanwhile, in a small heavy saucepan, combine the chickpeas and 3/4 cup (185ml) of the chicken stock. Cover and simmer over medium-low heat for 5 mins or until heated through. Transfer the mixture to a blender. Add the extra virgin olive oil and lemon juice and blend on high until smooth. Season the chickpea cream with salt.
4. Return frying pan to medium-high heat and add the remaining 2 tbs olive oil. When the oil is hot, add the garlic and cumin seeds and cook, stirring frequently, for 30 seconds or until the garlic is light golden brown and toasted. Stir in the kale and sauté for 1 min or until wilted. Stir in the remaining 1 cup (250ml) chicken stock and bring the mixture to a simmer. Simmer for 3 mins or until kale is tender and the mixture is brothy. Season with salt and pepper.
5. Slice the pork against the grain into 1/2 cm-thick slices and divide among 4 dinner plates. Serve with chickpea cream and the kale.