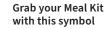


# Easy Honey Mustard Pork with Roasted Pumpkin & Apple Salad











Pumpkin





Wholegrain Mustard



Pork Loin Steaks





Spinach & Rocket



Apple

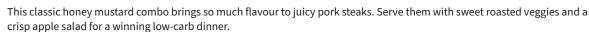
Greek Salad Cheese/ Feta Cheese

**Pantry items** 

Olive Oil, Honey, White Wine Vinegar



Carb Smart



#### Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

#### You will need

Oven tray lined with baking paper · Large frying pan

### Ingredients

ingi caici ico		
2 People	4 People	
refer to method	refer to method	
1	2	
1 packet (400g)	1 packet (800g)	
2 cloves	4 cloves	
1½ tbs	3 tbs	
1 tbs	2 tbs	
½ packet (20g)	1 packet (40g)	
1 packet	1 packet	
1/2	1	
drizzle	drizzle	
1 bag (30g)	1 bag (60g)	
½ packet (25g)	1 packet (50g)	
	refer to method 1  1 packet (400g) 2 cloves 1½ tbs 1 tbs ½ packet (20g) 1 packet ½ drizzle 1 bag (30g) ½ packet	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1597kJ (381Cal)	317kJ (75Cal)
Protein (g)	44g	8.7g
Fat, total (g)	7.4g	1.5g
- saturated (g)	3g	0.6g
Carbohydrate (g)	29.5g	5.9g
- sugars (g)	25.8g	5.1g
Sodium (mg)	446mg	89mg
Dietary Fibre (g)	0g	0g

The quantities provided above are averages only.

### **Allergens**

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Roast the veggies

- Preheat oven to 240°C/220°C fan-forced. Cut beetroot into small chunks.
- Place beetroot and peeled & chopped pumpkin on a lined oven tray.
   Drizzle with olive oil, then season with salt and pepper. Toss to coat and spread out evenly. Roast until tender, 20-25 minutes.
- Meanwhile, finely chop garlic.
- In a small bowl, combine garlic, honey, water and wholegrain mustard (see ingredients). Season and set aside.

**TIP:** Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



#### Toss the salad

- While the pork is cooking, thinly slice **apple** (see ingredients).
- In a large bowl, combine a drizzle of white wine vinegar and olive oil, then season.
- Add apple and spinach & rocket mix to dressing and toss to coat.



## Cook the pork

- When the veggies have 15 minutes cook time remaining, heat a large frying pan over a medium-high heat with a drizzle of olive oil.
- When oil is hot, season pork loin steaks and cook until cooked through,
   3-4 minutes each side (depending on thickness).
- In the last **minute** of pork cook time, add the **honey mustard glaze** to the pan and cook, turning pork to coat, until bubbling.
- Transfer **pork** to a plate and cover with foil to rest for **5 minutes**.

**TIP:** Pork can be served slightly blushing pink in the centre.



## Serve up

- Divide honey mustard pork between plates. Serve with apple salad and roasted veggies.
- Crumble **cheese** over veggies and spoon over any remaining glaze from pan.

Enjoy!