



# Easy Honey Mustard Pork

with Roasted Pumpkin & Apple Salad

Grab your Meal Kit with this symbol



Beetroot



Peeled & Chopped Pumpkin



Garlic



Wholegrain Mustard



Pork Loin Steaks



Apple



Spinach & Rocket Mix



Greek Salad Cheese/Feta Cheese

Hands-on: **15-25 mins**  
 Ready in: **35-45 mins**

Carb Smart

This classic honey mustard combo brings so much flavour to juicy pork steaks. Serve them with sweet roasted veggies and a crisp apple salad for a winning low-carb dinner.

### Pantry items

Olive Oil, Honey, White Wine Vinegar

## 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

	2 People	4 People
olive oil*	refer to method	refer to method
beetroot	1	2
peeled & chopped pumpkin	1 packet (400g)	1 packet (800g)
garlic	2 cloves	4 cloves
honey*	1½ tbs	3 tbs
water*	1 tbs	2 tbs
wholegrain mustard	½ packet (20g)	1 packet (40g)
pork loin steaks	1 packet	1 packet
apple	½	1
white wine vinegar*	drizzle	drizzle
spinach & rocket mix	1 bag (30g)	1 bag (60g)
Greek salad cheese/ feta cheese	½ packet (25g)	1 packet (50g)

\*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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

2021 | CW26



## 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!