



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



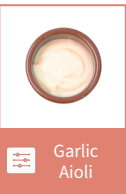
Apple



Rocket Leaves



Greek Salad Cheese/
Feta Cheese



Garlic Aioli

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

Calorie Smart*
**Custom Recipe Only*

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.



CUSTOM RECIPE

If you chose to swap, upgrade or add dairy, follow the custom recipe steps.

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
rocket leaves	1 bag (30g)	1 bag (60g)
Greek salad cheese/ feta cheese	½ packet (25g)	1 packet (50g)
garlic aioli**	1 packet (50g)	1 packet (100g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1691kJ (404Cal)	324kJ (77Cal)
Protein (g)	45.6g	8.7g
Fat, total (g)	10.1g	1.9g
- saturated (g)	4.9g	0.9g
Carbohydrate (g)	28.5g	5.5g
- sugars (g)	24.7g	4.7g
Sodium (mg)	591mg	113mg
Dietary Fibre	6.4g	1.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2231kJ (533Cal)	408kJ (98Cal)
Protein (g)	45.9g	8.4g
Fat, total (g)	23.4g	4.3g
- saturated (g)	6.1g	1.1g
Carbohydrate (g)	31.5g	5.8g
- sugars (g)	27g	4.9g
Sodium (mg)	771mg	141mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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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** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **25-30 minutes**.
- Meanwhile, finely chop **garlic**. In a small bowl, combine **garlic**, the **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

- Meanwhile, thinly slice **apple** (see ingredients).
- In a large bowl, combine a drizzle of **white wine vinegar** and **olive oil**, then season.
- Add **apple** and **rocket leaves** 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 cook time, add **honey mustard mixture** 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

- Slice honey mustard pork.
- Divide pork, apple salad and roasted veggies between plates.
- Crumble **cheese** (see ingredients) over veggies. Drizzle over any remaining glaze from pan to serve.

CUSTOM RECIPE

If you've added garlic aioli to your meal, serve it on the side.

Enjoy!