



# HONEY MUSTARD PORK STEAKS

with Cheesy Chive Mash



Make a honey mustard sauce



Potato



Broccoli



Carrot



Green Beans



Chives



Grated Parmesan Cheese



Wholegrain Mustard



Pork Loin Steaks

Hands-on: 30 mins  
Ready in: 35 mins

Add some flair to your usual meat and three with these sweet honey mustard-glazed pork steaks. Along with a silky herbed mash, it'll be tough deciding what the best part of this quick and easy dish is!

**Pantry Staples:** Olive Oil, Butter, Milk, Honey, Balsamic Vinegar



## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan**



### 1 GET PREPPED

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into 2cm chunks. Trim the **broccolini** and slice into thirds. Thinly slice the **carrot** (unpeeled) into batons (or half-moons, if you prefer). Trim and halve the **green beans**. Finely chop the **chives**.



### 2 COOK THE VEGGIES

Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. In the last **8 minutes** of cook time, add the **broccolini**, **carrot** and **green beans** to a colander and place on top of the saucepan. Cover loosely with a lid and steam until tender. Transfer the veggies to a bowl, **drizzle** with **olive oil**, season with **salt** and **pepper** and cover to keep warm. Drain the **potato** and return to the pan. Add the **butter**, **milk** and **1/2** the **salt**. Mash with a **potato masher** or fork until smooth, then stir through the **grated Parmesan cheese** and **chives**. Cover with a lid to keep warm.



### 4 COOK THE PORK

Heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. Season the **pork loin steaks** with the **remaining salt** and a **pinch** of **pepper**. Cook the **pork** until browned and cooked through, **3-4 minutes** each side (depending on thickness). Transfer to a plate to rest. **TIP:** *Pork can be served slightly blushing pink.*



### 5 COOK THE SAUCE

Return the frying pan to a medium heat and add the **honey mustard mixture** plus any **resting juices** from the **pork**. Simmer until thickened, **4-5 minutes**. Remove the pan from the heat. Return the **pork** to the pan and turn to coat in the **honey mustard sauce**.



### 3 PREP THE SAUCE

While the potato is cooking, in a small bowl, combine the **wholegrain mustard**, **honey**, **balsamic vinegar**, **1 tbs water** and a **pinch** of **salt**.



### 6 SERVE UP

Thickly slice the pork. Divide the cheesy chive mash, honey mustard pork and steamed veggies between plates. Spoon the remaining honey mustard sauce over the pork.

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
potato	4
broccolini	1 bunch
carrot	2
green beans	1 bag (200g)
chives	1 bunch
butter*	80g
milk*	1/2 cup
salt*	1 tsp
grated Parmesan cheese	1 packet (30g)
wholegrain mustard	1 packet (40g)
honey*	2 tbs
balsamic vinegar*	2 tsp
water*	1 tbs
pork loin steaks	2 packets

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2670kJ (638Cal)	444kJ (106Cal)
Protein (g)	51.3g	8.5g
Fat, total (g)	22.7g	3.8g
- saturated (g)	13.4g	2.2g
Carbohydrate (g)	54.7g	9.1g
- sugars (g)	18.4g	3.1g
Sodium (g)	933mg	155mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589  
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