



MUSTARD PORK & APPLE

with Honey-Roasted Veggies



Add mustard to an easy apple sauce



Potato



Carrot



Courgette



Green Beans



Red Onion



Red Apple



Thyme



Garlic



Pork Loin



Dijon Mustard

Hands-on: **30** mins
Ready in: **35** mins

Low calorie

Sweet slices of apple and fresh thyme lend their flavour to the easy pan sauce in this delectable dish. The veggie sides keep up with the easy theme as they're all roasted – including the green beans! It's a handy and hands-off way to create a tasty accompaniment to a meal you'll want again and again.

Pantry Staples: Olive Oil, Honey, Butter

BEFORE YOU START

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

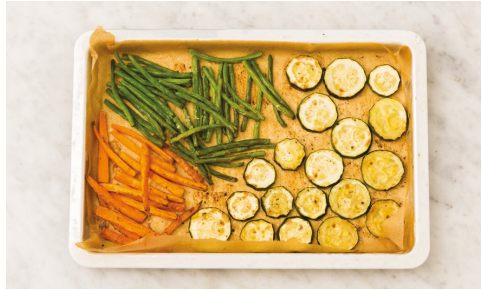
- **two oven trays** lined with **baking paper**
- **medium frying pan**



1 ROAST THE POTATO

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 1cm wedges. Transfer to an oven tray lined with baking paper, **drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast for **25-30 minutes** or until tender.

TIP: Cut the potato to the correct size so it cooks in the allocated time.



2 ROAST THE VEGGIES

While the potato is roasting, cut the **carrot** (unpeeled) into 1cm fries. Slice the **courgette** into 1cm thick discs. Trim the **green beans**. In a medium bowl, combine the **honey** with a **drizzle of olive oil**. Season with a **pinch of salt** and **pepper**. Add the carrot and courgette and toss to coat. Spread out in an even layer on a separate oven tray lined with baking paper. Roast for **20 minutes**. Remove the oven tray and add the **green beans**. Toss to coat and place back in the oven for **5-8 minutes**, or until tender. **TIP:** Cut the veggies to the correct size so they cook in the allocated time.



3 GET PREPPED

While the veggies are roasting, thinly slice the **red onion** (see ingredients list). Very thinly slice the **red apple**. Pick the **thyme** leaves. Finely chop the **garlic** (or use a garlic press).



4 BROWN THE PORK

In a medium frying pan, heat a **drizzle of olive oil** over a medium-high heat. Pat the **pork loin** steaks dry with paper towel and season both sides with a **pinch of salt** and **pepper**. When the oil is hot, add the pork and cook for **3-4 minutes** on each side (depending on thickness), or until cooked through. Transfer to a plate to rest. **TIP:** Pork can be served slightly blushing pink in the centre.



5 BRING IT ALL TOGETHER

Return the frying pan to a medium heat with a **drizzle of olive oil**. Add the **red onion**, **red apple** and **thyme** to the pan and cook for **3-4 minutes** or until softened. Add the **garlic** and cook for **1 minute**, or until fragrant. Add the **butter**, **salt** and **3/4** of the **Dijon mustard** and stir until melted. Stir through the **water** and any **pork resting juices**.



6 SERVE UP

Divide the potato wedges, honey-roasted veggies, pork steaks and mustard apple between plates. Spoon over the remaining sauce from the pan. Serve with the **remaining Dijon mustard**, if you like!

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
courgette	1	2
green beans	1 bag (100 g)	1 bag (200 g)
honey*	1 tsp	2 tsp
red onion	½	1
red apple	1	2
thyme	1 bunch	1 bunch
garlic	2 cloves	4 cloves
pork loin	1 packet	1 packet
butter*	20 g	40 g
salt*	¼ tsp	½ tsp
Dijon mustard	1 tub (40 g)	2 tubs (80 g)
water*	½ cup	1 cup

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2200kJ (525Cal)	285kJ (68Cal)
Protein (g)	46.2g	6.0g
Fat, total (g)	12.3g	1.6g
- saturated (g)	6.3g	0.8g
Carbohydrate (g)	50.5g	6.6g
- sugars (g)	22.9g	3.0g
Sodium (g)	610mg	79mg

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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