



Everything
But The Chef

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Pork, Pumpkin & Kale Salad

The key to balanced flavour in any recipe is the combination of salty and sweet ingredients. This recipe has both and is therefore great. The End. No, but seriously, once you've tried this honey mustard dressing, you'll be putting it on everything. Roasted onion, sweet pumpkin, and cumin amp up the flavour with tender pork bringing the whole dish to a perfect close.

Prep: 10 mins
Cook: 30 mins
Total: 40 mins

level 2

lactose free

gluten free

high protein

low sodium

Pantry Items

- Olive Oil
- Wholegrain Mustard
- Honey
- White Wine Vinegar



Pumpkin



Red Onion



Cumin



Kale



Pork Tenderloin



Pepitas

2P	4P	Ingredients
1 portion	2 portions	pumpkin, peeled & cut into 2 cm cubes
½	1	red onion, cut into wedges A ⊕
1 tsp	2 tsp	cumin ⊕
2 tbs	4 tbs	olive oil *
2 tsp	1 tbs	wholegrain mustard *
1 tsp	2 tsp	honey *
1 tbs	1 tbs	white wine vinegar *
1 bunch	2 bunches	kale, destemmed & roughly chopped
400 g	800 g	pork tenderloin
2 tbs	4 tbs	pepitas

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2330	Kj
Protein	59.2	g
Fat, total	25.6	g
-saturated	4.7	g
Carbohydrate	21.2	g
-sugars	14.7	g
Sodium	238	mg

Measuretool

0 cm	1 cm	2 cm



You will need: *chef's knife, chopping board, vegetable peeler, oven tray lined with baking paper, whisk, small bowl, large bowl, medium ovenproof frying pan, a plate, and aluminium foil.*

1 Preheat the oven to **200°C/180°C** fan forced.

2 Toss the **pumpkin** and **red onion** in the **cumin**, half of the **olive oil**, and some **salt** and **pepper**. Arrange in a single layer on the lined oven tray and bake in the oven for **25-30 minutes** or until tender.

3 Meanwhile, to make the dressing whisk the remaining olive oil, **wholegrain mustard**, **honey** and **white wine vinegar** in a small bowl until well combined. Set aside.

4 Place the **kale** in a large bowl and drizzle with a little olive oil. Season well with salt and pepper and then, using your fingers massage the kale leaves gently to soften.

Tip: Massaging kale leaves completely changes their texture and makes them much more enjoyable to eat raw in a salad.

5 Heat a greased medium ovenproof frying pan over a medium-high heat. Season the **pork tenderloin** with salt and pepper and add to the pan. Cook for **3 minutes**, turning to seal on all sides. When the pork is nicely coloured, transfer the pan to the oven (or place the pork on a lined oven tray) and cook for **8 minutes** or until cooked through (pork can be served blushing). Remove from the oven, place on a plate and cover with aluminium foil. Rest for **5 minutes** and then slice.

6 Add the roast pumpkin, onion and **pepitas** to the bowl with the kale and gently toss. Divide the salad between plates, top with the pork slices and drizzle with the honey and mustard dressing.



Did you know? Pepita is the Spanish term for pumpkin seed.