

Easy Honey Mustard Pork

with Roast Pumpkin, Zucchini & Fetta

Grab your Meal Kit with this symbol



Zucchini



Butternut Pumpkin



Garlic



Wholegrain Mustard



Pork Loin Steaks



Cucumber



Mixed Leaves



Fetta Cubes



Beef Rump

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **15-25 mins**
Ready in: **35-45 mins**

Carb Smart

Naturally Gluten-Free
Not suitable for coeliacs

Dietitian Approved

This classic honey mustard combo brings so much flavour to juicy pork steaks. Serve with a refreshing and peppery salad, plus naturally sweet roasted veggies, which work a treat with the tangy, creamy fetta.



CUSTOM RECIPE If you chose to swap, upgrade or add protein, 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
zucchini	1	2
butternut pumpkin	1 medium	1 large
garlic	2 cloves	4 cloves
honey*	1½ tbs	3 tbs
water*	1 tbs	2 tbs
wholegrain mustard	½ packet	1 packet
pork loin steaks	1 small packet	1 large packet
cucumber	1	2
white wine vinegar*	drizzle	drizzle
mixed leaves	1 small bag	1 medium bag
fetta cubes	1 small packet	1 medium packet
beef rump**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1720kJ (411Cal)	304kJ (72Cal)
Protein (g)	43.8g	7.7g
Fat, total (g)	10.9g	1.9g
- saturated (g)	3.8g	0.7g
Carbohydrate (g)	33.7g	6g
- sugars (g)	26.1g	4.6g
Sodium (mg)	646mg	114mg
Dietary Fibre	8.9g	1.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1578kJ (377Cal)	261kJ (62Cal)
Protein (g)	37.5g	6.2g
Fat, total (g)	8g	1.3g
- saturated (g)	3.4g	0.6g
Carbohydrate (g)	39.4g	6.5g
- sugars (g)	17.1g	2.8g
Sodium (mg)	497mg	82mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/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.com.au/contact

2022 | CW19

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Chop **zucchini** and **butternut pumpkin** into bite-sized chunks. Place on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**.
- Toss to coat, then roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.

3



Cook the pork & toss the salad

- When veggies have **15 minutes** remaining, season **pork loin steaks**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **pork** until cooked through, **3-4 minutes** each side (pork can be served slightly blushing pink in the centre). In the last minute, add **honey glaze**. Cook, turning to coat, until bubbling, **1 minute**. Transfer to a plate. Cover with foil to rest for **5 minutes**.
- Meanwhile, thinly slice **cucumber**. In a large bowl, combine a drizzle of **white wine vinegar** and **olive oil**, **cucumber** and **mixed leaves**.

CUSTOM RECIPE

Season beef. Heat frying pan over high heat with a drizzle of olive oil. When oil is hot, cook beef, turning, for 5-6 minutes (depending on thickness), or to your liking. Continue as above, adding glaze in the last minute of cook time. Set aside on a plate to rest for 5 minutes, then slice.

2



Get prepped

- Meanwhile, finely chop **garlic**. In a small bowl, combine **garlic**, **honey**, the **water** and **wholegrain mustard** (see ingredients). Season, then set aside.

CUSTOM RECIPE

If you've upgraded to beef rump, place between two sheets of baking paper. Pound with a meat mallet or rolling pin until slightly flattened.

4



Serve up

- Slice honey mustard pork. Divide pork, roast pumpkin and zucchini and salad between plates.
- Crumble **fetta cubes** over roast veggies.
- Drizzle any remaining glaze from pan over pork to serve.

Little cooks: Add the finishing touch by crumbling the feta on top!

Enjoy!

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