



# Easy Honey-Mustard Pork Steaks

with Roast Pumpkin, Beetroot & Fetta

Grab your Meal Kit with this symbol



Beetroot



Wholegrain Mustard



Tomato



Spinach & Rocket Mix



Peeled & Chopped Pumpkin



Garlic Paste



Pork Loin Steaks



Fetta Cubes



Chicken Breast

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



Naturally Gluten-Free  
*Not suitable for coeliacs*



Carb Smart



Eat Me Early\*

\*Custom Recipe only

Dietitian Approved

This classic honey mustard combo brings so much pizzazz to juicy pork steaks. Serve with fetta-adorned roasted root veg and a simple salad for the perfect balance of sweet and savoury flavours.

**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
<b>olive oil*</b>	refer to method	refer to method
beetroot	1	2
peeled & chopped pumpkin	1 medium bag	1 large bag
garlic paste	1 packet	2 packets
<b>honey*</b>	1½ tbs	3 tbs
<b>water*</b>	1 tbs	2 tbs
wholegrain mustard	½ packet	1 packet
pork loin steaks	1 small packet	1 large packet
tomato	1	2
<b>white wine vinegar*</b>	drizzle	drizzle
spinach & rocket mix	1 small bag	1 medium bag
fetta cubes	1 small packet	1 medium packet
chicken breast**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1719kJ (411Cal)	304kJ (73Cal)
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 (g)	8.8g	1.6g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1700kJ (406Cal)	293kJ (70Cal)
Protein (g)	43.3g	7.5g
Fat, total (g)	10.6g	1.8g
- saturated (g)	3.5g	0.6g
Carbohydrate (g)	34.2g	5.9g
- sugars (g)	26.2g	4.5g
Sodium (mg)	655mg	113mg
Dietary Fibre (g)	9.1g	1.6g

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

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## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Chop **beetroot** into small chunks.
- Place **beetroot** and **peeled & chopped pumpkin** on a lined oven tray (spread across two oven trays if the tray is crowded!). Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **20-25 minutes**.

**TIP:** Beetroot is firm when cooked. It's done when you can pierce it with a fork.

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## Cook the pork

- When the 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-mustard glaze**. Cook, turning **pork** to coat, until bubbling, **1 minute**. Transfer to a plate and cover with foil, then set aside to rest for **5 minutes**.

**Custom Recipe:** Prepare pan as above. Cook chicken until cooked through, 3-6 minutes each side (cook in batches if your pan is getting crowded). Continue as above, adding the glaze in the last minute of cook time.

**TIP:** Chicken is cooked through when it's no longer pink inside.

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## Prep the glaze

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

**Little cooks:** Take the lead by combining the ingredients for the glaze!

**Custom Recipe:** If you've swapped to chicken breast, place your hand flat on top of chicken and slice through horizontally to make two thin steaks.

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## Serve up

- While the pork is resting, slice **tomato** into wedges. In a large bowl, combine a drizzle of **white wine vinegar** and **olive oil**. Add **tomato** and **spinach & rocket mix**. Toss to coat.
- Slice honey-mustard pork steaks. Divide pork, roast pumpkin and beetroot and salad between plates.
- Crumble **fetta cubes** over roast veggies. Drizzle any remaining glaze from the pan over pork to serve. Enjoy!

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

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