



Easy Honey-Mustard Pork Steaks

with Roast Pumpkin, Beetroot & Fetta

Grab your Meal Kit with this symbol



Beetroot



Tomato



Salad Leaves



Fetta Cubes



Garlic Paste



Peeled & Chopped Pumpkin



Pork Loin Steaks



Wholegrain Mustard

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 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.

Pantry items

Olive Oil, Sugar, 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
beetroot	1	2
peeled & chopped pumpkin	1 medium bag	1 large bag
garlic paste	1 packet	2 packets
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
tomato	1	2
white wine vinegar*	drizzle	drizzle
salad leaves	1 small bag	1 medium bag
fetta cubes	1 small packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1692kJ (404Cal)	303kJ (72Cal)
Protein (g)	43.4g	7.8g
Fat, total (g)	10.3g	1.8g
- saturated (g)	3.9g	0.7g
Carbohydrate (g)	33.1g	5.9g
- sugars (g)	25.8g	4.6g
Sodium (mg)	590mg	106mg
Dietary Fibre (g)	7.2g	1.3g

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.

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2022 | CW35



1



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. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **20-25 minutes**.

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

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

3



Cook the pork & toss the salad

- 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. Cover with foil, then set aside to rest for **5 minutes**.
- 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 **salad leaves**. Toss to coat.

2



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!

4



Serve up

- 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 pan over pork to serve. Enjoy!

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

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