



# HONEY MUSTARD PORK STEAKS

with Cheesy Chive Mash



Make a honey mustard sauce



Potato



Broccoli



Carrot



Chives



Wholegrain Mustard



Pork Loin Steaks



Grated Parmesan Cheese



Hands-on: 30 mins

Ready in: 35 mins



Naturally gluten-free

Not suitable for Coeliacs

Add some flair to your usual meat and three with these sweet honey mustard-glazed pork steaks. Along with a silky herbed mash, it'll be tough deciding what the best part of this quick and easy dish is!

**Pantry Staples:** Olive Oil, Honey, Balsamic Vinegar, Butter, Milk



## BEFORE YOU START

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

- **medium saucepan** with a **lid**
- **large frying pan**



### 1 GET PREPARED

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into 2cm chunks. Trim the **broccolini** and slice into thirds. Thinly slice the **carrot** (unpeeled) into batons or half-moons. Finely chop the **chives**.



### 2 COOK THE VEGGIES

Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. In the last **8 minutes** of cook time, add the **broccolini** and **carrot** to a colander and place on top of the saucepan. Cover with a lid and steam until tender. Transfer the veggies to a bowl, **drizzle** with **olive oil**, season with **salt** and **pepper** and cover to keep warm. Drain the **potato**, return to the pan and cover to keep warm.



### 4 COOK THE PORK

Heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. Season the **pork loin steaks** with **1/2 tsp** of **salt** and a **pinch** of **pepper**. Cook the **pork** until browned and cooked through, **3-4 minutes** each side (depending on thickness). Transfer to a plate and set aside to rest. **TIP:** *Pork can be served slightly blushing pink.*



### 5 COOK THE SAUCE

Return the frying pan to a medium heat and add the **mustard mixture** plus any **pork resting juices**. Simmer until thickened, **4-5 minutes**. While the sauce is cooking, add the **butter**, **milk** and **remaining 1/2 tsp salt** to the **potato** and mash with a potato masher or fork until smooth. Stir through the **grated Parmesan cheese** and **chives**. Cover to keep warm. When the **sauce** is done, remove the pan from the heat. Return the **pork** to the pan and turn to coat in the sauce.



### 3 PREPARE THE SAUCE

While the potato is cooking, combine the **wholegrain mustard**, **honey**, **balsamic vinegar**, **1 tbs water** and a **pinch** of **salt** in a medium bowl.



### 6 SERVE UP

Thickly slice the pork. Divide the cheesy chive mash, honey mustard pork and steamed veggies between plates. Spoon any sauce remaining in the pan over the pork.

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
potato	4
broccolini	2 bunches
carrot	2
chives	1 bunch
wholegrain mustard	1 tub (40g)
honey*	2 tbs
balsamic vinegar*	2 tsp
pork loin steaks	1 packet
salt*	1 tsp
butter*	80g
milk*	1/2 cup
grated Parmesan cheese	1 packet (30g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2600kJ (621Cal)	451kJ (108Cal)
Protein (g)	50.7g	8.8g
Fat, total (g)	22.7g	3.9g
- saturated (g)	13.4g	2.3g
Carbohydrate (g)	51.4g	8.9g
- sugars (g)	18.2g	3.2g
Sodium (g)	933mg	162mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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