

Easy Honey Mustard Pork

with Roast Pumpkin, Zucchini & Fetta

Grab your Meal Kit with this symbol



Zucchini



Peeled & Chopped Pumpkin



Garlic



Wholegrain Mustard



Pork Loin Steaks



Cucumber



Mixed Salad Leaves



Fetta Cubes

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!

Hands-on: **15-25 mins**
 Ready in: **35-45 mins**

Naturally Gluten-Free
Not suitable for coeliacs

Calorie Smart

Dietitian Approved

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

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
peeled & chopped pumpkin	1 medium bag	1 large bag
garlic	2 cloves	4 cloves
honey*	1 ½ 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 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)	1609kJ (385Cal)	267kJ (64Cal)
Protein (g)	43.1g	7.1g
Fat, total (g)	6.3g	1g
- saturated (g)	2.7g	0.4g
Carbohydrate (g)	39.1g	6.5g
- sugars (g)	16.8g	2.8g
Sodium (mg)	491mg	81mg

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.

1



Roast the veggies

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

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

3



Cook the pork & make the salad

- When veggies have **15 minutes** remaining, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**.
- Season the **pork loin steaks**. When oil is hot, cook **pork** until cooked through, **3-4 minutes** each side (depending on thickness).
- In the **last minute**, add **honey mustard glaze**, turning **pork** to coat. Cook until bubbling, **1 minute**. Set aside on 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**. Season, then add **cucumber** and **mixed salad leaves**. Toss to coat.

TIP: Pork can be served slightly blushing pink in the centre.

2



Make the glaze

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

4



Serve up

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

Enjoy!

Rate your recipe

Scan here to rate this recipe!

