



Honey Mustard-Glazed Pork

with Roast Pumpkin, Beetroot & Fetta

Grab your Meal Kit with this symbol



Beetroot



Butternut Pumpkin



Garlic



Wholegrain Mustard



Pork Loin Steaks



Apple



Rocket Leaves



Fetta Cubes

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

Calorie Smart

Naturally gluten-free
Not suitable for Coeliacs

This classic honey mustard combo brings so much flavour to juicy pork steaks. Serve them with sweet roasted veggies and a crisp salad for a winning dinner.

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
beetroot	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 tub (20g)	1 tub (40g)
pork loin steaks	1 packet	1 packet
apple	½	1
white wine vinegar*	drizzle	drizzle
rocket leaves	1 bag (30g)	1 bag (60g)
fetta cubes	1 small packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1870kJ (446Cal)	310kJ (74Cal)
Protein (g)	47.4g	7.9g
Fat, total (g)	7.8g	1.3g
- saturated (g)	3g	0.5g
Carbohydrate (g)	39.9g	6.6g
- sugars (g)	34.8g	5.8g
Sodium (mg)	531mg	88mg

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.



Bake the beetroot and pumpkin

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

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



Make the glaze

While the beetroot and pumpkin are baking, finely chop the **garlic**. In a small bowl, combine the **garlic**, **honey**, **water** and **wholegrain mustard** (see ingredients). Season and set aside.



Cook the pork

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **pork steaks** until cooked through, **3-4 minutes** each side (depending on thickness).



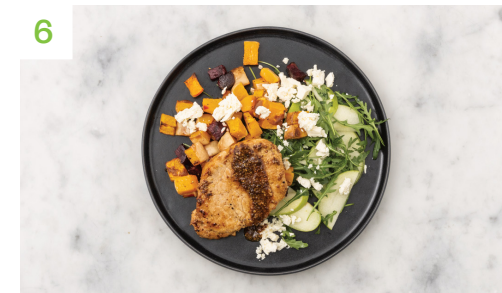
Glaze the pork

In the last minute, add the **honey mustard glaze** to the pan. Cook until bubbling, turning to coat, **1 minute**. Remove the pan from the heat.



Make the salad

Thinly slice the **apple** (see ingredients). In a large bowl, combine a small drizzle of **white wine vinegar** and **olive oil** and season. Add the **apple** and **rocket** to the bowl with the **dressing** and toss to coat.



Serve up

Divide the honey wholegrain mustard pork between plates. Serve with the salad, roast pumpkin and beetroot. Crumble the **fetta cubes** over the beetroot and pumpkin and drizzle over any remaining honey mustard glaze from the pan.

Enjoy!