



Product Spotlight: Thyme

To quickly remove thyme leaves, place your fingers at the bottom of the stem, hold it upside down, and firmly slide the leaves down.



Thyme Pork Steaks with Autumn Veg Tray Bake

Roast potato, parsnip and apple with fresh thyme, served with tender pork steaks, crisp salad and a sweet mustard dressing.



30 minutes



2 servings



Pork

10 March 2023

Change the flavour!

You can substitute the ground cumin in this dish with ground paprika, coriander or fennel seeds if preferred!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	30g	76g

FROM YOUR BOX

POTATOES	3
RED APPLE	1
PARSNIP	1
THYME	1 packet
GEM LETTUCE	3-pack
LEBANESE CUCUMBER	1
MUSTARD	1 jar
PORK STEAKS	300g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin, maple syrup or honey

KEY UTENSILS

oven tray, frypan

NOTES

The oven is set to 250°C to quickly cook the vegetables. If your oven doesn't reach that high, you can cook the vegetables at 220°C for longer.



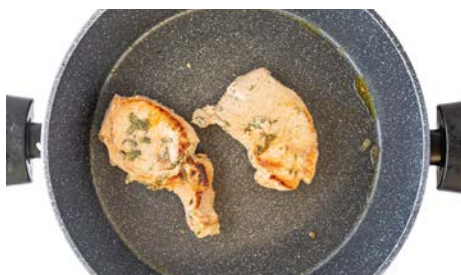
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1. ROAST THE VEGETABLES

Set oven to 250°C (see notes).

Wedge potatoes and apple. Cut parsnip into similar size pieces. Toss on a lined oven tray with 2 tsp thyme leaves, **1 tsp cumin, oil, salt and pepper**. Roast for 20–25 minutes until golden and cooked through.



4. COOK THE PORK

Coat pork with 2 tsp thyme leaves, **oil, salt and pepper**. Cook in a frypan over medium-high heat for 4–5 minutes each side, or until cooked through.



2. PREPARE THE SALAD

Separate and rinse lettuce leaves. Slice cucumber. Set aside.



3. PREPARE THE DRESSING

Whisk together mustard, **1 tbsp maple syrup** and **2 tbsp olive oil**. Season with **salt and pepper**.



5. FINISH AND SERVE

Serve pork steaks with roast vegetables and salad. Spoon over dressing to taste.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

