

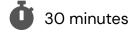




Thyme Pork Steaks

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.





4 servings



Pork

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
37g 22g 61g

FROM YOUR BOX

POTATOES	800g
RED APPLE	1
PARSNIPS	2
ТНҮМЕ	1 packet
GEM LETTUCE	3-pack
LEBANESE CUCUMBER	1
LEBANESE CUCUMBER MUSTARD	1 1 jar
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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.



1. ROAST THE VEGETABLES

Set oven to 250°C (see notes).

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



4. COOK THE PORK

Coat pork with 1 tbsp thyme leaves, **oil**, **salt and pepper**. Cook in a frypan over medium-high heat for 4-5 minutes each side, or until cooked through.



5. FINISH AND SERVE

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



