




Product Spotlight: Parsnips


Parsnips are a great source of soluble fibre, which is good for the digestive process, helping food move through the digestive tract; this can reduce constipation and other gastrointestinal disorders.



Mustard Pork Steaks with Roast Thyme Veggies

A flavourful combination of thyme, roast parsnips, apple and cabbage served alongside tender pork steak and finished with a mustard dressing.

 30 minutes

 2 servings

 Pork

15 September 2023

Spice it up!

These roast veggies also work well with fresh rosemary from the garden or dried dill leaves. If you have a spare orange, add some zest to the pork for a more exciting flavour!

Per serve: **PROTEIN** 35g **TOTAL FAT** 30g **CARBOHYDRATES** 49g

FROM YOUR BOX

PARSNIPS	2
CARROT	1
RED APPLE	1
RED ONION	1
THYME	1 packet
MUSTARD	1 jar
PORK STEAKS	300g
RED CABBAGE	1/4

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin, white wine vinegar

KEY UTENSILS

oven tray, frypan

NOTES

Cutting the root vegetables into angular pieces will give you more golden and crispier edges. If you prefer, you can simply roughly dice or slice them instead.

To quickly remove thyme leaves – place your fingers at the top of the stem and firmly slide the leaves down.



1. ROAST THE VEGGIES

Set oven to 220°C.

Cut parsnips and carrot into angular pieces. Wedge apple and onion. Toss on a lined oven tray with thyme leaves, **oil, salt and pepper** (see notes). Roast for 25 minutes until vegetables are tender.



4. SHRED THE CABBAGE

Thinly slice cabbage. Set aside for step 5.



2. PREPARE THE DRESSING

Add mustard, **1 tbsp vinegar, 2 tbsp olive oil** and **salt and pepper** to a bowl. Whisk to combine.



3. COOK THE PORK STEAKS

Heat a frypan over medium-high heat. Coat pork steaks with **1 tsp cumin, oil, salt and pepper**. Add to pan and cook for 4-5 minutes each side or until cooked through. Remove from pan to rest.



5. FINISH AND SERVE

Toss the cabbage through the roast veggies. Divide among plates with pork steaks and spoon over dressing to taste.



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