



Product Spotlight: Pine Nuts

Pine nuts are seeds from pine trees and you'll find them between the scales of pine cones. While all pine trees yield pine nuts, only about 20 species have pine nuts large enough to be worth eating.



Italian Pork Steaks with Pumpkin and Feta Salad

Pork steaks seared with dried Italian herbs, paired with a caramelised roast pumpkin, sweet onion and feta salad tossed with a sweet balsamic dressing.



35 minutes



2 servings



Pork

Change the flavour!

Use fresh chopped rosemary, ground cumin or smoked paprika to flavour the pork instead of dried Italian herbs if preferred!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	54g	56g	43g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
RED ONION	1
CHERRY TOMATOES	200g
FETA CHEESE	1 packet (200g)
BABY SPINACH	1 bag (60g)
PINE NUTS	1 packet (20g)
PORK STEAKS	300g

FROM YOUR PANTRY

oil for cooking, salt, pepper, olive oil, balsamic vinegar, dried Italian herbs, honey or maple syrup

KEY UTENSILS

large frypan, oven tray

NOTES

Use the pumpkin to taste and peel if preferred. Dice the pumpkin to make 2-3 cm cubes; cook for longer if they are any larger.



1. ROAST THE PUMPKIN

Set oven to 220°C.

Dice pumpkin and slice onion (see notes). Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20-25 minutes until golden and cooked through.



2. PREPARE THE DRESSING

Whisk together **1/2 tbsp honey or maple syrup, 1 1/2 tbsp balsamic vinegar, 1 1/2 tbsp olive oil, salt and pepper** in a large bowl.



3. PREPARE THE SALAD

Halve tomatoes and dice feta. Add to dressing bowl along with spinach.



4. TOAST THE PINE NUTS

Add pine nuts to a pan over medium-high heat. Toast for 3-4 minutes until golden. Remove to salad bowl.



5. COOK THE PORK

Coat pork steaks with **1/2 tbsp dried Italian herbs, oil, salt and pepper**. Cook for 4-5 minutes each side or until cooked through.



6. FINISH AND SERVE

Toss cooked pumpkin and onion with salad and pine nuts. Serve with pork steaks.



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