



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



4 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
	43g	37g	39g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
RED ONION	1
CHERRY TOMATOES	2 x 200g
FETA CHEESE	200g
BABY SPINACH	60g
PINE NUTS	20g
PORK STEAKS	600g

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

You can peel the pumpkin 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.



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.



2. PREPARE THE DRESSING

Whisk together **1 tbsp honey or maple syrup**, **2 tbsp balsamic vinegar**, **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**.



5. COOK THE PORK

Coat **pork steaks** with **1 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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