




Product Spotlight: Dutch Carrots

It is often forgotten that the carrot top leaves are also edible! They taste similar to parsley in flavour and can be eaten raw in salads, or used to make a pesto or chimichurri.




Sage Roasted Pork Belly Strips

Tender pork belly strips roasted to crispy perfection alongside sweet dutch carrots, parsnips, and apples infused with fresh sage, paired with vibrant greens and a zesty Dijon mustard sauce

 45 minutes

 Pork

 2 servings

Switch it up!

To get extra crispy pork belly strips, cook them in the air fryer at 200°C for 20–25 minutes (or until cooked through).

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	29g	64g

FROM YOUR BOX

DUTCH CARROTS	1 bunch
PARSNIP	1
RED APPLE	1
SAGE	1 packet
PORK BELLY STRIPS	300g
DIJON MUSTARD	1 jar
BROCCOLI	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, fennel seeds

KEY UTENSILS

frypan, oven tray

NOTES

Want the sauce a little sweeter? Add 1/2 - 1 tsp of honey or maple syrup.

Pork not crisping up? Remove vegetables from the oven, switch to grill mode and return pork to oven for 3-5 minutes. Keep a close eye on it to avoid burning.



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1. ROAST THE VEGETABLES

Set oven to 220°C.

Trim and scrub **carrots**, roughly chop **parsnip**, wedge **apple**, and finely chop **sage**. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 10 minutes (see step 3).



4. COOK THE BROCCOLI

Heat frypan over medium-high heat with oil. Chop **broccoli** into florets. Add to pan as you go. Pour in **1/4 cup water**. Cook, covered, for 3 minutes until **broccoli** is tender. Season to taste with **salt and pepper**.



2. MAKE THE MUSTARD SAUCE

Add **mustard, 1 tbsp olive oil, 1/2 tbsp water, salt and pepper** to a bowl (see notes). Whisk to combine.



5. FINISH AND SERVE

Serve **roasted vegetables, pork belly strips** and **broccoli** tableside. Pour **mustard sauce** over as desired.



3. PREPARE & ROAST PORK

Pat **pork belly strips** dry with paper towel. Coat with **oil, 1 tsp fennel seeds, salt and pepper**. Nestle **pork** among **vegetables** on oven tray. Roast for 30 minutes (see notes) until cooked through and crispy on top.

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