




Product Spotlight: Parsnips


Parsnips are a great source of soluble fibre which is important for our digestive process, creating healthy movement of food through the digestive tract. This helps to reduce constipation and other gastrointestinal disorders.



4 Mustard Pork Steaks with Roast Thyme Veggies

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

 30 minutes

 4 servings

 Pork

22 June 2020

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, try adding some of the zest to the pork for a more exciting flavour!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	29g	28g

FROM YOUR BOX

PARSNIPS	3
CARROTS	2
RED APPLES	2
RED ONION	1/2 *
THYME	1/2 packet *
MUSTARD	1 jar
PORK STEAKS	600g
SHREDDED RED CABBAGE	1/2 bag (200g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, ground cumin, sugar (of choice), 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.

No pork option – pork steaks are replaced with chicken schnitzels. Cook for 4-5 minutes on each side or until cooked through.



1. ROAST THE VEGGIES

Set oven to 220°C.

Cut parsnips and carrots into angular pieces. Wedge apples and onion. Toss on a lined oven tray with thyme leaves, **oil, salt and pepper**. Roast for 25 minutes or until cooked through.



4. FINISH AND PLATE

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



2. PREPARE THE DRESSING

Whisk together mustard, **1 tbsp vinegar**, **2 tbsp olive oil** and **1/2-1 tsp sugar** (use to taste). Season with **salt and pepper**. Set aside.



3. COOK THE PORK STEAKS

Coat pork steaks with **3 tsp cumin, oil, salt and pepper**. Cook in a frypan over medium-high heat for 4-5 minutes each side or until cooked through.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

