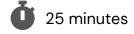




# **Pork Steaks**

# with Winter Vegetable Traybake

Juicy (free-range) pork steaks served with roasted winter vegetables with fresh rosemary and apple, finished with a wholegrain mustard dressing.





2 servings



# Make a mash!

Roughly chop parsnips, carrots and a couple of potatoes. Boil until tender and mash with butter, fresh rosemary and seeded mustard! Season well with salt and pepper to serve.

# FROM YOUR BOX

PARSNIPS	2
CARROT	1
RED APPLE	1
RED ONION	1/2 *
COOKED BEETROOT	1 packet
ROSEMARY SPRIG	1
PORK STEAKS	300g
ROCKET LEAVES	1 bag (60g)

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

olive + oil for cooking, salt, pepper, ground cumin, sugar (of choice), white or red wine vinegar, mustard (seeded or dijon)

# **KEY UTENSILS**

oven tray, frypan

#### **NOTES**

Toss beetroot and apple with rocket leaves instead if you prefer!

No pork option - pork steaks are replaced with chicken schnitzels. Increase cooking time to ensure chicken is cooked through.



# 1. ROAST THE VEGETABLES

Set oven to 250°C.

Chop parsnips and carrot. Wedge apple, red onion and beetroot (see notes). Toss on a lined oven tray with rosemary, **oil and salt.** Roast for 20 minutes or until golden and tender.



# 4. FINISH AND SERVE

Serve pork steaks with roast veggies, rocket leaves and dressing.



# 2. PREPARE THE DRESSING

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



# 3. COOK THE PORK STEAKS

Coat pork steaks with 1 tsp cumin, oil, salt and pepper. Cook in a frypan over medium-high heat for 2-3 minutes on each side or until cooked to your liking.

