



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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.



3 Pork Steaks with Winter Vegetable Traybake

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

 25 minutes

 4 servings

 Pork

10 August 2020

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	3
CARROTS	2
RED APPLES	2
RED ONION	1
COOKED BEETROOT	1 packet
ROSEMARY SPRIG	1
SEEDED MUSTARD	1 jar
PORK STEAKS	600g
ROCKET LEAVES	1 bag (60g)

**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

KEY UTENSILS

oven tray, frypan

NOTES

Toss beetroot and apples 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 carrots. Wedge apples, 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 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 **2 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.

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**

