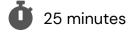




## **Pork Steaks**

### 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.





4 servings



# Make a mash!

**Product Spotlight:** 

Parsnips are a great source of

our digestive process, creating

**Parsnips** 

the digestive tract.

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)

<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

#### **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.



#### 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.



#### 4. FINISH AND SERVE

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



