

X2



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Honey Mustard Pork with Mash

Tender pork bites coated in a savoury honey mustard glaze, served over creamy mashed potatoes with sautéed broccoli for an easy family favourite.



35 minutes



Pork



2 servings

FROM YOUR BOX

MEDIUM POTATOES	3
GARLIC	1 clove
HONEY	1 shot
MUSTARD	1 jar
DICED PORK	300g
BROCCOLI	1
BROWN ONION	1

FROM YOUR PANTRY

oil for cooking, salt and pepper, butter, ground paprika, soy sauce (or tamari)

NOTES

You can serve the pork and broccoli with rice if preferred! The pork could also be threaded onto skewers and grilled on a hot plate or BBQ, serve with roast broccoli and potatoes.

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1. COOK THE POTATOES

Roughly chop **potatoes** (see tip). Add to a saucepan and cover with plenty of water. Bring to a boil and simmer for 15 minutes or until tender. Reserve **1/4 cup cooking liquid** before draining. Return **potatoes** to saucepan along with reserved cooking liquid. Mash to desired consistency. Season well with **salt and pepper**.

TIP *Peel potatoes if desired. Add milk, cream, butter or olive oil for extra flavour. Cut potatoes into wedges or dice and roast if preferred!*

2. PREPARE THE COMPONENTS

Crush **garlic** and combine with **honey, mustard, 2 tsp paprika, 1 tbsp soy sauce** and **1 tbsp oil**. Add **pork** and toss to marinate. Dice **onion** and cut **broccoli** into small florets.

TIP *You can add sliced mushrooms, leek or red capsicum for more vegetables.*

3. COOK THE PORK AND VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Add **onion** and cook for 3-5 minutes until beginning to soften. Add **pork** and **broccoli**. Cook, tossing for 8-10 minutes until **pork** caramelised and **broccoli** tender. Add **1-2 tbsp butter** to melt. Stir in **2 tbsp water** and season with **salt and pepper** to taste.

TIP *Add a splash of cream or sour cream for a decadent finish.*

4. FINISH AND SERVE

Divide **mashed potatoes** among shallow bowls. Top with **mustard pork** and **broccoli**.

TIP *You can garnish this dish with fresh chopped parsley or chives.*

This recipe has simplified instructions to help lower your meal cost.