



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



4/6 servings

## FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	1kg	1.5kg
GARLIC	2 cloves	3 cloves
HONEY	1 shot	2 shots
MUSTARD	1 jar	1 jar
DICED PORK	600g	600g + 300g
BROWN ONION	1	2
BROCCOLI	1	2

## 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.

**How did the cooking go?** Share your thoughts via **My Recipes** tab in your **Profile** and leave a review.

**Something not right?** Text us on **0440 132 826** or email [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

## 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 **1/2 cup cooking liquid** before draining. Return **potatoes** to saucepan along with reserved cooking liquid. Mash to desired consistency. Season well with **salt and pepper**.

**6P** – reserve 3/4 cup cooking liquid, or use milk instead.

**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, 3 tsp paprika, 1 tbsp soy sauce** and **1 tbsp oil**. Add **pork** and toss to marinate. Dice **onion** and cut **broccoli** into small florets.

**6P** – use 1 tbsp paprika, 1 1/2 tbsp soy sauce and 1 1/2 tbsp oil for the pork.

**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 **2 tbsp butter** to melt. Stir in **2–3 tbsp water** and season with **salt and pepper** to taste.

**6P** – use 3 tbsp butter and 1/2 cup water.

**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.**