

MARLEY SPOON



Honey Mustard Pork

with Roasted Carrots and Beans



20-30min



2 Portions

Pork meets its perfect match with a sweet sticky glaze of honey, sharp Dijon and seedy wholegrain mustard. A colourful medley of roasted baby carrots, green beans and baby spinach are tossed with the same sweet, aromatic mustard mixture for a complete symphony of flavour.

What we send

- red wine vinegar ¹⁷
- free-range pork loin steaks
- carrots, green beans
- baby spinach leaves

What you'll require

- Dijon mustard ¹⁷
- Australian honey
- olive oil
- sea salt and pepper
- wholegrain mustard ¹⁷

Utensils

- baking paper
- foil
- large frypan
- oven tray
- sieve
- small saucepan

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 460kcal, Fat 24.9g, Carbs 18.3g, Proteins 37.2g



1. Roast carrots

Preheat the oven to 220C. Peel the **carrots**, then cut into 1cm x 5cm batons. Line an oven tray with baking paper, then put **carrots** on the tray in a single layer and drizzle with **half the oil**. Season with **salt and pepper**. Roast for 18-20 mins until tender.



4. Cook greens

Meanwhile, cook the **green beans** in the pan of boiling salted water for 2 mins, then add the **baby spinach**, and cook, stirring, for a further 1 min or until spinach is wilted. Drain well in a sieve.



2. Prepare mustard mixture

Meanwhile, bring a medium saucepan of salted water to the boil for the vegetables. Using a fork, whisk together the **honey, vinegar, Dijon mustard, wholegrain mustard, salt and pepper** in a small bowl. Trim the tops of the **green beans**.



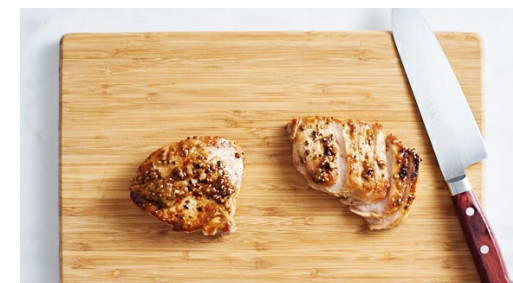
5. Combine vegetables

Add the **green beans, spinach** and the **remaining mustard mixture** to the tray with the carrots, and toss well to combine.



3. Cook pork

Heat the **remaining oil** in a large frypan over high heat. Season the **pork** with **salt and pepper**. Cook **pork** for 2 mins each side, then add half the mustard mixture to the pan and baste pork for 1 min each side or until just cooked through. Transfer **pork** to a plate, loosely cover with foil and set aside to rest for 3 mins.



6. Get ready to serve

Thinly slice the pork and divide among plates with the vegetables, and serve.