

# MARLEY SPOON



## Honey Mustard Pork

with Roasted Carrots and Beans



20-30min



4 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

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

## What you'll require

- Dijon mustard <sup>17</sup>
- Australian honey
- olive oil
- sea salt and pepper
- wholegrain mustard <sup>17</sup>

## 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 430kcal, Fat 19.2g, Carbs 19.3g, Proteins 42.0g



### 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 large 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**.



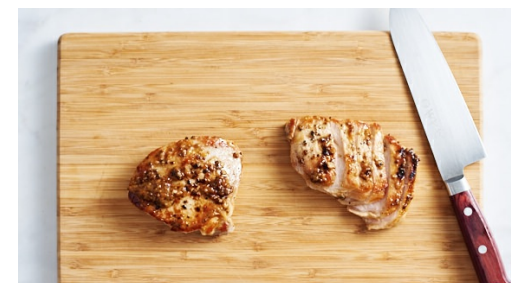
### 5. Combine vegetables

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.